

24/08/21  
Tuesday

## Ch-10 [Practice]

Date

Page No.

(Questions)

① what are cereals?

write the  
② Uses of Rice and wheat

③ Give examples of pulses

④ Give examples of oilseeds.

⑤ what are two types of fruits  
give examples.

⑥ Why Indian food is popular  
over the world?

⑦ Give 3 examples of common  
spices

⑧ what are beverages?

⑨ what is harvesting?

⑩ what is threshing?

⑪ what is winnowing?

⑫ what is Mundi

# The Food We Eat

① what are cereals?

Ans: Food grains like rice, wheat, oats are called cereals.

② write the uses of Rice and wheat.

Ans: Uses of Rice:

\* Boiled and eaten

\* we make idlis and dosas

Uses of wheat:

\* we make chapatis, bread

③ Give examples of pulses.

Ans: Examples of pulses are:  
Kidney bean, Black gram, chickpea

④ Give examples of oilseeds.

Ans: Examples of oilseeds are  
Sesame, mustard, linseed.

⑤ What are the two types of fruits  
give examples.

Ans: The two types of fruits are

- ① → Fleshy fruit [example: Mango and Papaya]
- ② → Dry fruit [Raisin, Apricot]

⑥ Why Indian food is popular over the world?

Ans: Indian food is popular over the world because of the spices that we put in it.

⑦ Give 3 examples of common spices.

Ans: Examples of common spices.  
→ Cardamom, clove, Cumin seed.

⑧ What are beverages?

Ans: Beverages are drinks like tea and coffee other than water.

(9) What is harvesting?

Ans: The cutting of crops is called harvesting.

(10) What is threshing?

Ans: The process of separating the grain from the plants is called threshing.

(11) What is winnowing?

Ans: The process of removing husk from grain is called winnowing.

(12) What is Mandi?

Ans: A big wholesale market is called a mandi.

— o —

Date \_\_\_\_\_  
Page No. \_\_\_\_\_

# FUN TO LEARN

## (E) Answer these Questions:

(1) what is our most basic need?  
why do we need it?

Ans: \* Food is our most basic need

\* We need it — To get energy  
for work, play, read  
— To think

(2) what are the different types of food  
that we get from plants?

Ans: The different types of food that we  
get from plants are:

- Food grains
- pulses
- oilseeds
- vegetables
- fruits
- spices and Beverages.

(3) Describe how a farmer grows crops.

Ans: Farmer grows crops [Steps]

- Prepare the field by ploughing.
- Add manure and fertilizers to make soil fertile.
- He sows the seeds.
- Seeds germinate and grow as crops.

(4) How does food from the mandi reach your home?

Ans: \* The shopkeepers buy goods from wholesale markets (or mandi)

\* We buy it from shopkeepers. So this is the way food from mandi reach our home.

Write: New words and  
Now we know

## The Journey of food :

- Steps :
- ① Ploughing the field
  - ② Sowing the seeds
  - ③ Irrigating the crops
  - ④ Harvesting the crops
  - ⑤ Threshing
  - ⑥ Winnowing

## Difficult words : [write 5 times]

- |                |                |
|----------------|----------------|
| ① Beverages    | ⑦ Pesticides   |
| ② Harvesting   | ⑧ Spices       |
| ③ Winnowing    | ⑨ Fleshy fruit |
| ④ Threshing    | ⑩ Cereals      |
| ⑤ Fertilizers  | ⑪ Husk         |
| ⑥ Insecticides | ⑫ Mandi        |



# FUN TO LEARN

## A. Fill in the blanks.

1. Wheat, rice, oats and millets are cereals
2. The farmer sprays insecticides and pesticides to keep the crops safe from insects and \_\_\_\_\_
3. The cutting of crops is called harvesting
4. The outer covering of grain is called husk
5. A big wholesale market is called a mandi

## B. Write T for true or F for false.

1. Mustard is a food grain.  F
2. We get cooking oil from oilseeds.  T
3. Apricot is a dry fruit.  T
4. Grains are threshed to separate the husk.  F
5. Shopkeepers buy food grains from the mandi.  T

C. Tick (✓) the people who help food grains reach your doorstep.

grocer

cobbler

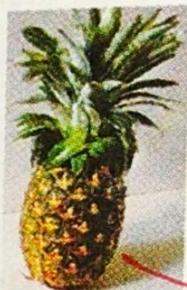
farmer

tailor

workers in a mandi

truck driver

D. Draw lines to match the following.



Cereal

Beverage

Oilseed

Pulse

Fruit

Spice

E. Answer these questions.