



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2023 – 2024]


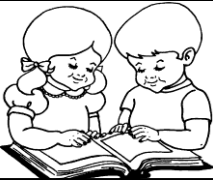

LESSON: THE STORY OF FOOD

WORKSHEET - 2

RESOURCE PERSON: Ms. MIDHAT FATIMA

NAME: \_\_\_\_\_ CLASS: III SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

**QI. Suhana visited a village where she saw people of different age groups. She recalled the concept of balanced diet learnt in Class III. She wants to create an awareness among the people about the importance of a balanced diet. Help her suggest the balanced diet to the people around her. Observe the pictures given below in the table and fill in the details.**

Different groups	Balanced diet suggested	Reason
		
		
		

**QII. Observe the pictures given below and answer the questions that follow.**



1a. The vegetable shown in the picture alongside is \_\_\_\_\_.

b. It is a \_\_\_\_\_ eaten as a vegetable.

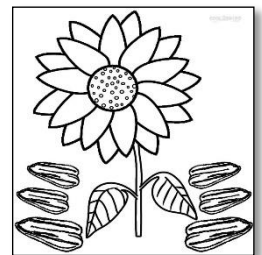
c. Mention two more examples of the same kind.

\_\_\_\_\_, \_\_\_\_\_

2a. The seeds shown in the picture alongside are \_\_\_\_\_ seeds.

b. The oils that are used in cooking are called \_\_\_\_\_.

c. Mention two more examples of the same kind. \_\_\_\_\_, \_\_\_\_\_



**QIII. Establish the relationship and complete the following.**

- a. underground stems : ginger :: underground root : \_\_\_\_\_
- b. cabbage : leaf :: pineapple : \_\_\_\_\_
- c. cake : \_\_\_\_\_ :: idli : \_\_\_\_\_
- d. \_\_\_\_\_ : duck :: flesh : goat
- e. oil seed : mustard :: \_\_\_\_\_ : cinchona

**QIV. Many plants are used as medicines to cure various diseases. State the uses of the medicinal plants in the column given below. Also state which part of the plant it is.**

Plant	Part of the plant	Uses
1. mulethi / liquorice		
2. tulsi		
3. dhatura		
4. neem		
5. amla		
6. eucalyptus / safeda		
7. turmeric / haldi		

**QV a. Tony brings a variety of food items like rice, fruits, vegetables and milk product regularly to school while Sonu mostly loves to carry a tetra pack of fruit juice and bread in her tiffin box. Who eats a balanced diet? Give reasons for your answer.**

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**QV b. It takes a lot of efforts to grow crops in fields. Food reaches our plate following its own sweet journey. Complete the flow chart to show the interesting journey of food as to how it reaches our plate.**

