



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS [2023 – 2024]

LESSON: THE STORY OF FOOD

WORKSHEET - 1

RESOURCE PERSON: Ms. MIDHAT FATIMA

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

**Q1. Mita is curious to know how food travels from the field to her plate. Help her in sequencing the following pictures in the correct order based on the journey of food.**



**Q2. Give two examples for each of the following.**

- a. cereals. \_\_\_\_\_ / \_\_\_\_\_
- b. spices found in your kitchen. \_\_\_\_\_ / \_\_\_\_\_
- c. seeds from which oil is obtained. \_\_\_\_\_ / \_\_\_\_\_
- d. edible roots. \_\_\_\_\_ / \_\_\_\_\_
- e. edible leaves. \_\_\_\_\_ / \_\_\_\_\_
- f. edible underground stems. \_\_\_\_\_ / \_\_\_\_\_
- g. medicinal plants. \_\_\_\_\_ / \_\_\_\_\_

**Q3. Match the column A to column B.**

Column A	Column B				
1. Quinine	a. used to make chapati, bread and cake				
2. cauliflower	b. used to make idlis and dosas				
3. fruits	c. a flower eaten as a vegetable				
4. wheat	d. obtained from the Cinchona plant				
5. rice	e. used to make milk products like ghee, curd, paneer				
6. milk	f. grow from the flowers of the plants				
1 - _____	2 - _____	3 - _____	4 - _____	5 - _____	6 - _____

**Q4. Rewrite the correct version of the statements in the space given below.**

a. Farmers sell their produce to the **retailer**.

\_\_\_\_\_

b. **A new born baby** needs a lot of body building foods like pulses, eggs and flesh.

\_\_\_\_\_

c. Tomatoes and brinjals are the **roots** of their plant.

\_\_\_\_\_

d. The diet that has all types of healthy food in the right amount is called a **nutrient-rich** diet.

\_\_\_\_\_

e. We use the juice of Quinine leaves to cure asthma and bronchitis.

\_\_\_\_\_

**Q5. Give reasons for the following.**

a. We add spices to our food.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b. Milk is said to be a complete food.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_