



LESSON: The Story of Food  
RESOURCE PERSON: Ms. Batul Saifee

REVISION WORKSHEET

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

**QI. Match the following.**

Column A	Column B
1. amla (gooseberry)	a. cough and cold
2. mulethi (liquorice)	b. mustard
3. edible oil	c. asthma and bronchitis
4. dhatura leaves/seeds	d. idlis and dosas
5. rice	e. cumin
6. spices	f. constipation

1.\_\_\_\_ 2.\_\_\_\_ 3.\_\_\_\_ 4.\_\_\_\_ 5.\_\_\_\_ 6.\_\_\_\_

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

1. roots: \_\_\_\_\_
2. underground stems: \_\_\_\_\_
3. medicinal plants: \_\_\_\_\_
4. milk products: \_\_\_\_\_
5. edible oils: : \_\_\_\_\_

**QIII. Give reasons for the following.**

1. We add spices to our food.

Ans: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Milk is a complete food.

Ans: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**QIV. Think and Answer:**

Danny brings bread and milk products in his tiffin box. While Percy brings a variety of food items like chapattis, rice, fruits and vegetables to school regularly. Who eats a balanced diet? Give reason for your answer.

Ans: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_