



LESSON: The Story of Food

WORKSHEET

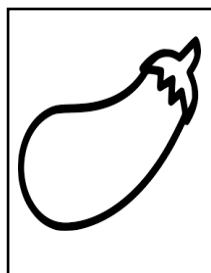
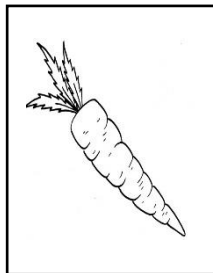
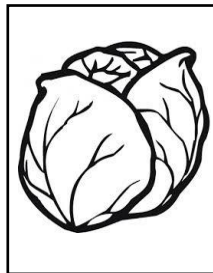
RESOURCE PERSON: Ms. Batul Saifee

NAME: _____ DATE: _____ CLASS: _____ SEC: _____

Q.I Fill in the blanks.

1. The main sources of food are _____ and _____.
2. Seeds that store excess food in their seeds are called _____.
3. Farmers sell their produce to the _____.
4. The oils that are used in cooking are called _____.
5. _____ is said to be a complete food as it has all the nutrients required by our body.
6. _____ is a flower eaten as a vegetable.

Q.II Identify and name the edible part of the following vegetables.



Q.III Read the following statements carefully. Write 'T' for the correct statement and 'F' for the incorrect statement.

1. We eat the leaves of potato.
2. We use the juice of Tulsi leaves to cure cough and cold.
3. We buy food items from wholesalers in our neighborhood.
4. We must drink a glass of milk every day.
5. Oil is obtained from the seeds of mustard plants.

Q.IV Rewrite the incorrect statements given below correctly.

1. The leaves and seeds of **amla** is used to cure fever.

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

3. Brinjal is a **vegetable**.

Q.V Name the following.

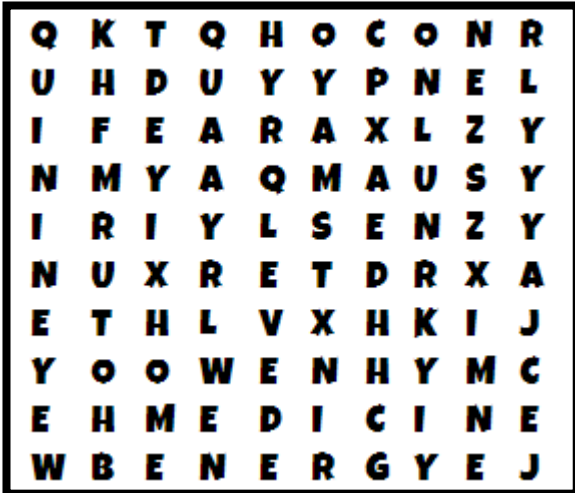
1. Cereal used to make chapattis bread and cakes: _____
2. The tree whose leaves are used to cure nose and throat disorders:

3. Animal product used in the making of butter, cheese, paneer and ice creams. _____
4. Wounds and sprains are treated with: _____
5. The flesh of goat that we eat: _____
6. Cure for malaria: _____
7. Spice we add to make our food tasty: _____

Q.VI WORD SEARCH!

Find out the words given below in the Word Grid.

WHOLESALER / QUININE / TURMERIC / HEALTHY / ENERGY
MEDICINE



Q.VII Identify the following food items as cereals, fruits, vegetables and spices.

