

LESSON: The Story of Food**(WORKSHEET 2)**

NAME: _____ CLASS III sec: _____

Q1. Complete the relationship for the following:

1. honey bee: honey :: _____: milk
2. Wheat : chapatti :: Rice: _____
3. Root: _____: underground stem: potato
4. Neem : fever :: Tulsi: _____
5. Amla : constipation :: _____: wounds

Q2. Give 2 examples for each of the following:

1. cereals: _____, _____
2. underground stems: _____, _____
3. roots: _____, _____
4. spices: _____, _____
5. edible oils: _____, _____
6. medicinal plants: _____, _____
7. milk products: _____, _____

Q3. Identify the correct reason for the following:**i. Milk is a complete food.****Ans :**

- a. It contains all the nutrients required for the growth and development of a human body.
- b. It doesn't contain all the essential nutrients required for the growth and development of a human body.

b. Balanced diet maybe different for different people.**Ans :**

- a. It does not depend on the age, gender, type of work style (sedentary /active).
- b. It depends on age, gender, type of work style.

c. We all need food to live.**Ans:**

- a. Food provides us with the energy to perform all the daily activities.
- b. Food provides us with the energy for our daily activities and helps to protect against diseases.

Q4. Identify the given pictures of the plants and state its use:



Name: _____

Use:

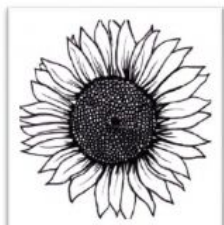
1. _____



Name: _____

Use:

1. _____



Name: _____

Use:

1. _____

Q5. Match the following:

Column A	Column B
1. mulethi (liquorice)	a. constipation
2. cauliflower	b. cough and cold
3. spices	c. flower
4. asthma	d. ground nut
5. edible oil	e. dhatura leaves/seeds
6. amla (gooseberry)	f. clove

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

Q6. Circle the correct answer for the following questions from the options given below:

1. Tomato and brinjal we eat as vegetables are :

a. fruits b. cereals c. spices

2. Eucalyptus leaves are used to treat :

a. nose disorders b. throat disorders c. both a and b

3. Onion and potatoes are :

a. roots b. underground stems c. flowers