

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