

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:

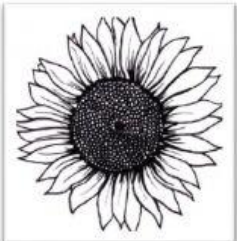
1. _____



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