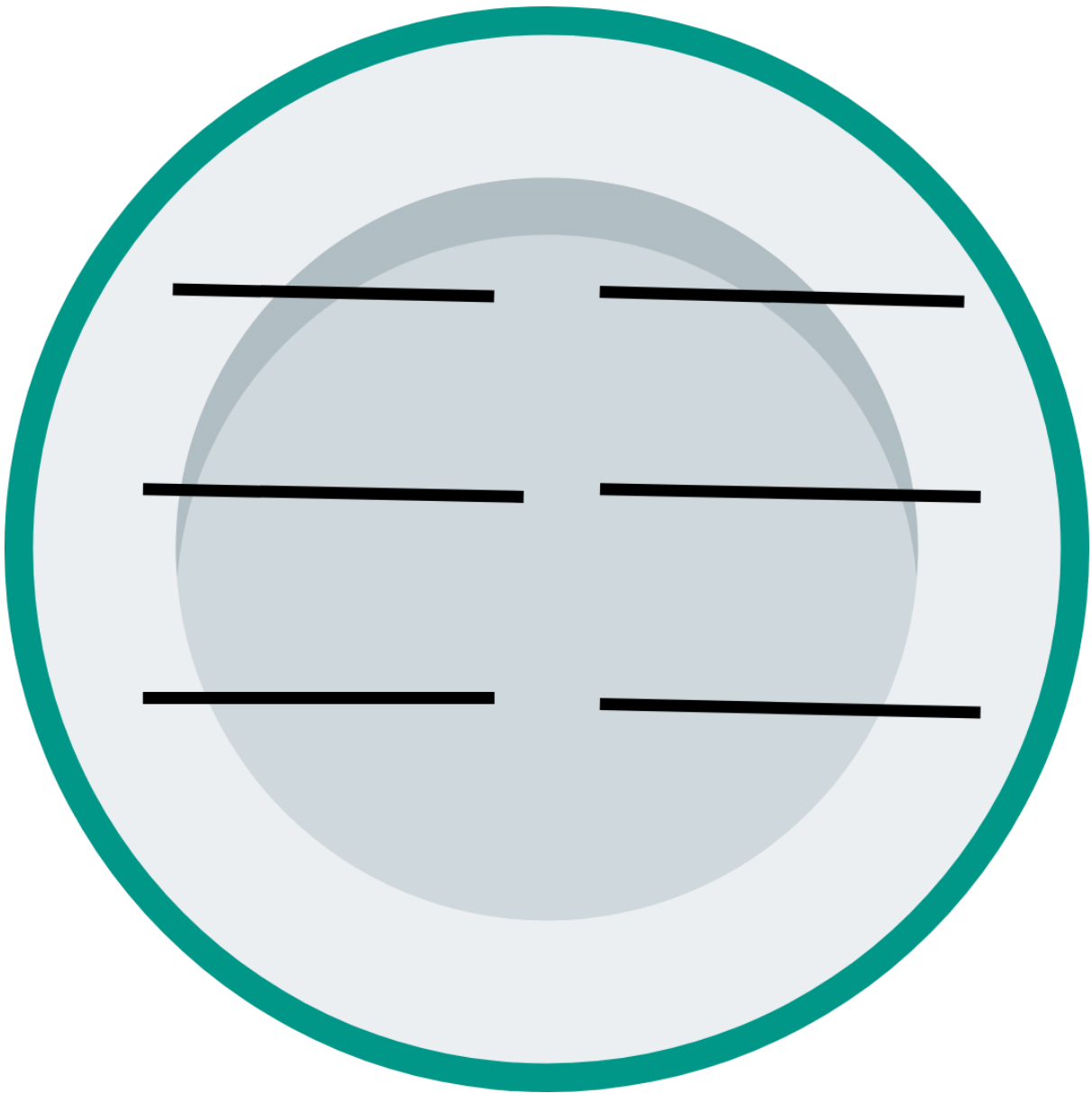


CHAPTER-VI

FOODS WE EAT

2 MARK QUESTIONS

1. What did you eat yesterday? Write it on the plate.



ANSWER:

Yesterday, I ate paneer, mixed dal, rice, roti, potato fry and a gulab jamun.

2. Did all the children in the class eat the same food items yesterday? Why?

ANSWER:

No, not all of the students in the class ate the same foods yesterday. Because various food items were prepared in each household.

3. You must have noticed that in the picture (Page 36) there is one child in whose house no food was cooked. What could be the reason?

ANSWER:

Yes, there is one child in the photograph whose family does not cook. I believe the cause is that her family is unable to obtain food due to their poverty.

4. How do you know that you are hungry?

ANSWER:

My stomach was utterly empty. As a result, I've discovered that I'm hungry.

5. How do you feel when you are hungry?

ANSWER:

I want to eat as quickly as possible when I'm hungry. All of my favorite foods come to mind

6. Why was Dadi not able to climb the stairs quickly?

ANSWER:

Dadi is elderly, frail, and suffering from knee discomfort, which explains why she was unable to climb the stairs swiftly.

7. How does Dadi like to have her dal?

ANSWER:

Dadi prefers her dal with a pinch of sugar.

8. How many people in the story can eat bhutta easily and why?

ANSWER:

Because their teeth are powerful enough to chew maize kernels, the three people in the story can effortlessly devour the bhutta.

9. Can all old people eat bhutta? Why?

ANSWER:

No, most elderly persons are unable to consume bhutta due to the deterioration of their teeth as they grow older.

10. For four months Chhutki will have only her mother's milk. That is her only food. Why?

ANSWER:

Chhutki will only drink her mother's milk for the next four months because she is toothless and mother's milk is a nutritious diet that is important for the baby's growth and development.

5 MARK QUESTIONS

1.Has it ever happened to you that on some day you were very hungry but there was nothing to eat? If yes, why?

ANSWER:

Yes, there was a day when my school's canteen was closed, and I had forgotten to pack my lunch box. I didn't feel hungry at lunch because I ate a big breakfast. During lunch, all of my friends ate their fill. As a result, I was starving. I was starving, so I went to my class teacher and explained what had happened. She was kind enough to feed me.

2. Put '✓' on the things that you eat often.

Rice , Wheat, Barley, Oats, Maize, Millet, Kappa(tapioca), Ragi

ANSWER:

✓ Ragi	Barley	✓ Rice	Ragi
Millet	✓ Wheat	Kappa	Maize

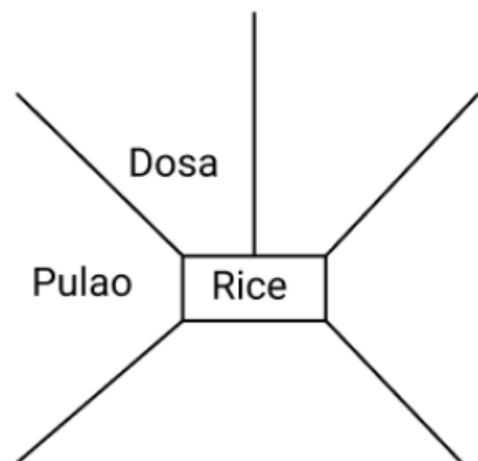
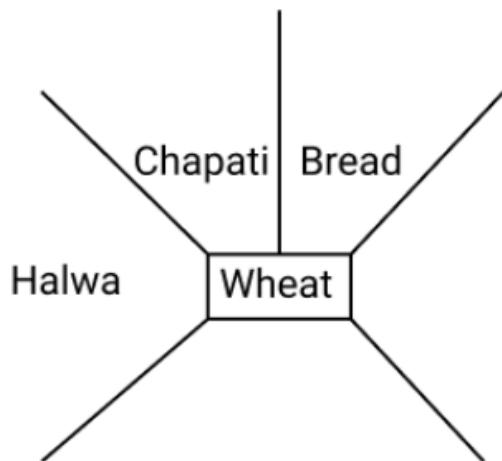
3.Find out where each of these things is eaten more.

ANSWER:

- **Wheat** – Madhya Pradesh, Chhattisgarh
- **Rice** – Karnataka, Tamil Nadu, West Bengal
- **Ragi** – Maharashtra, Orissa, Karnataka
- **Millet** – Bhatinda, Rajasthan
- **Maize** – Uttar Pradesh, Punjab
- **Barley** – Rajasthan, Haryana
- **Oats** – Punjab, Haryana

- **Kappa** – Assam, Kerala, Andhra Pradesh

4. We not only eat different things, but we also use the same things to prepare a variety of food items. Find out and write what all can be prepared from rice and wheat.



ANSWER:

Wheat – Roti, Dumplings, Paratha, Burfi, Halwa, Poori, Pancake, Brown bread

Rice – Rice cake, Idiyappam, Biryani, Khichdi, Pulao, Kheer, Lemon rice, Jeera rice, Idli, Dosa, Mint rice, Fried rice

5. Are your likes and dislikes similar to that of

a. your family members?

b. your friends?

ANSWER:

- Most of my likes and dislikes are similar to my family members as we all share common food and food interests daily.
- Few of my likes and most of my dislikes are similar to my friends as their tastes are different from mine.

MULTIPLE CHOICE QUESTIONS

1. Baby of one month can

a) Drink milk b) drink tea c) eat bhutta

Ans: a) Drink milk

2. Body building food is

a) green leaves b) pulses c) salad

Ans: b) pulses

3. Food prepared from rice is

a) Chappati b) Idli c) Bread

Ans: b) Idli

4. Food that we get from plants

a) Egg b) Curd c) Sugarcane

Ans: c) Sugarcane

5. The vegetable that can be eaten raw

a) Potato b) Carrot c) Brinjal

Ans: c) Brinjal

SUMMARY

To survive, we need energy, and we get energy through the food we eat. People eat a variety of foods in different parts of the country. The different types of food we eat are chapati, rice, dal, fish, meat, idli, etc. According to our traditions, there are many types of foods.