

6. The Food We Eat

Worksheet 1

A Answer the following questions:

1. Who is a vegetarian?
2. What is the staple foodgrain of people in Northern India?
3. Name three vegetables.
4. Why is Indian food liked in many countries?
5. What is meant by a staple diet?

B Fill in the blanks.

1. Vegetables that are available at a particular season are called _____ vegetables.
2. Crops grown far away have become available due to a good network of _____ and _____ in India.
3. The _____ make the food tasty.
4. Different types of _____ are grown in different parts of the country.
5. Some foods like _____ and _____ are eaten raw.

Answers to Worksheet 1

- A.
1. A person who eats grains, pulses, fruits, vegetables and milk products is called a vegetarian.
 2. The staple foodgrain of people in Northern India is wheat. In some parts jowar, bajra and maize is also eaten as the staple food.
 3. Any three vegetables can be named.
 4. Indian food is liked in many countries because of the flavour it gets from spices.
 5. Food crops that are eaten more often in a particular region are called the staple diet of that place.
- B.
1. seasonal
 2. roadways; railways
 3. spices
 4. crops
 5. fruits; salads

Worksheet 2

Here are some pictures of food items. Name them. Put their names in the right column.



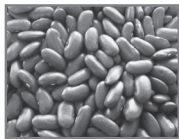




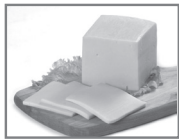


















FRUITS	GRAINS	VEGETABLES	PULSES	MILK PRODUCTS

Answers to Worksheet 2

FRUITS	GRAINS	VEGETABLES	PULSES	MILK PRODUCTS
Apples	wheat	peas	rajma	cheese
Pineapple	maize	potatoes	gram/chana	
Grapes	rice	cauliflower		