

EVS Class 4

Chapter 3 : Our Food - Answer Key

A. Tick (✓) the Correct Option

1. b) Cereals
2. a) Oilseeds
3. a) Tea
4. b) Farm

B. Fill in the Blanks

1. Plants are the main source of food.
2. Oil is extracted from oilseeds.
3. Spices add taste and colour to food.
4. Rice is a staple food in many parts of the country.

C. Match the Columns

1. Tea — (b) Beverage
2. Rice — (a) Foodgrain
3. Mustard — (c) Oilseed
4. Cardamom — (d) Spice

D. True or False

1. True
2. False
3. True
4. True

E. Answer the Following

1. We need food to grow, stay healthy, and get energy.
2. Foodgrains are grains like rice and wheat that we eat as food.
3. Beverages are drinks like tea and milk.
4. Two steps in the journey of food are farm and market.