

EVS-4

CHAPTER 3 : Our Food – Worksheet

A. Tick (✓) the Correct Option

1. Rice, wheat, maize and millet are:

- a) Pulses b) Cereals c) Spices

2. Oil is extracted from:

- a) Oilseeds b) Pulses c) Fruits

3. Which of these is a beverage?

- a) Tea b) Potato c) Rice

4. The journey of food begins from:

- a) Market b) Farm c) Kitchen

B. Fill in the Blanks

1. _____ are the main source of food.

2. Oil is extracted from _____.

3. Spices add _____ and colour to food.

4. Rice is a _____ food in many parts of the country.

C. Match the Columns

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

D. True or False

1. Fruits are obtained from plants. _____
2. Vegetables are not good for health. _____
3. Oilseeds give us oil. _____
4. Wheat flour is used to make chapatis. _____

E. Answer the Following

1. Why do we need food?
2. What are foodgrains?
3. What are beverages?
4. Write any two steps in the journey of food.

F. Activity

Paste pictures of any 5 food items and classify them as cereals, pulses, fruits, vegetables, or spices.