

CHAPTER 6

FOODS WE EAT

TEXT BASED QUESTIONS

Objective Answer Type Questions

1- Select the best option.

(i) Chhutki in Vipul's family is not able to eat

(a) bhutta (b) chapati

(c) dal (d) All of these

(ii) When Vipul's Dadi was the same age as Vipul is now, she could

(a) eat chapatis

(b) go to school like Vipul

(c) run quickly up a hill

(d) All of these

(iii) Our food is usually made out of those things that are

(a) cheap

(b) easily grown there

(c) packed nicely

(d) None of these

(iv) In Goa, Juni ate fish cooked in

(a) coconut oil (b) mustard oil

(c) sesame oil (d) groundnut oil

(iii) Besides dosa, is made from rice.

(a) halwa (b) chapati

(c) pulao (d) All of these

2- Write 'T' for True and 'F' for False statements.

(i) In Hongkong, snakes which can be eaten are called Ling-hu-fen.

(ii) Thomas eats tapioca, which grows on tall trees.

(iii) Vipul's Dadi says that after coming to Nagpur, Vipul's mother has forgotten how to make food in their own way.

(iv) Chhutki was being fed milk by Vipul's Mami.

LANGUAGE BASED QUESTIONS

3- Fill in the blanks.

(i) Li chen lives in

(ii) At home, Juni eats fish cooked in

(iii) Thomas eats curry made using

(iv) Chapatis can be made out of or

(v) Chhutki started crying because she was

4- Match the item in Column I with things related to it in Column II by drawing arrows.

Column I	Column II
(i) Dosa	(a) We eat chapati soaked in this
(ii) Dal	(b) Chhutki's food
(iii) Bhutta	(c) Made from rice
(iv) Milk	(d) Made from rice

5- Answers in one word or one sentence.

(i) What does Dadi like to have in her dal?

(ii) Write the reason why Vipul's Dadi is not able to climb stairs quickly.

(iii) Who else in Li chen's family loves to eat snakes?

(iv) Where does juni live?

(iii) What two things does Thomas like to eat?

6- Name the persons in Vipul's family who will not be able to eat bhutta. Also give the reasons why they cannot do so.

7- Answer the following questions:

(i) Why do we eat vegetables and fruits?

(ii) What is body-building food? Give two examples.

(iii) What is energy giving food? Give two examples.

Think, Find and Write

- 1- There are many reasons why we decide what to eat. Some are given in the textbook. Write all the reasons including the reasons given in the textbook.

- 2- Match the pictures of the food items shown with their names in the center box by drawing lines.



Burger

Idli

Jalebi

Kheer

Momo

Omelette

Samosa

Watermelon



- 3- (i) Name some food items you do not like to eat, although you say that they are good for you. Give your reasons for not liking to eat them.

(ii) Name some food items that you like to eat, although your parents say that they are not good for you. Why do your parents say that they are not good for you?

4- Name of some cereals and pulses are given below in the jumbled form. Unjumble and write them properly in the table by grouping them.

LSIENTL

LIMLETS

SEAP

HEATW

RABYEL

NAEBS

TOAS

CKICHPAES

CEREALS	PULSES

5- We derive our food from plants as well as animals. Circle the food each derived from plants with green and those derived from animals with red.



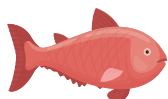
Vegetables



Honey



Porridge



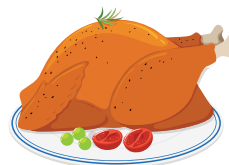
Fish



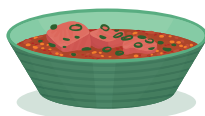
Rice



Sugar



Chicken



Pulses



Fruits



Eggs

6- Complete in the table given below.

Persons	Food they can/should eat	Food they should not/cannot eat
A baby		
A boy/girl of your age		
A man		
An old lady		

7- Correct the following sentences. Give reason.

(i) Grandmother can climb the stairs quickly.

(ii) Infants can be given chapati to eat.

(iii) People all over India eat food made up of one type of cereal.

(iv) Grandmother eat corn cob.

8- Some food items give us energy E, some make us strong S and some keep us healthy H.

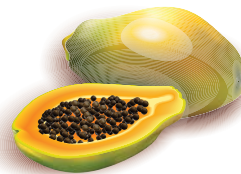
See the following pictures and mark the food items according to the functions they perform.



Rice



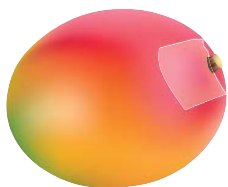
Banana



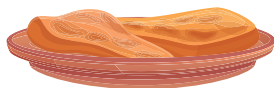
Papaya



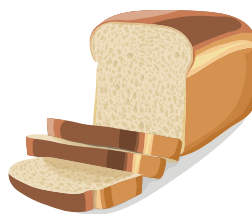
Apple



Mango



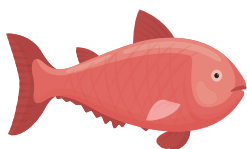
Chapati



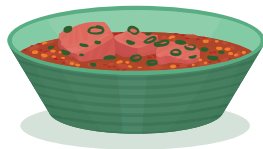
Bread



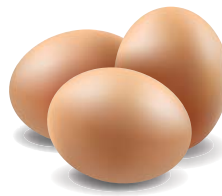
Butter



Fish

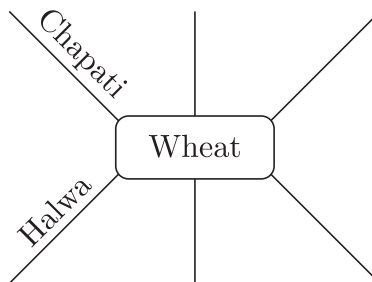
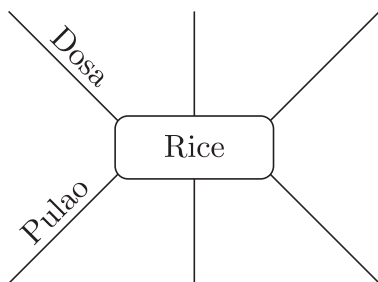


Pulse



Egg

9- 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.



10- What did you eat yesterday? Write it on the plate shown below.

