

The Food We Eat

Name 5 fruits and vegetables of each season

Summer season	Fruits	Vegetables
Winter season	Fruits	Vegetables

Name 5 spices-

.....

Name 5 cereals-

.....

Name 5 pulses-

.....

Fill in the blanks

1. is the staple food of east and north eastern India.
2. Apples and cherries grow in
3. India is the largest producer of spice.
4. We use for making sweets.
5. Ghee is butter.
6. Coconut grows in regions.

Define-

Staple food-

.....

.....

Seasonal fruits & vegetables-

.....

.....
What is the staple diet of south Indians?
.....
.....

Which are the main food grains eaten in Rajasthan?
.....
.....

Name 5 cooking oils used in our country?
.....
.....

What do non-vegetarians like to eat?
.....
.....

On what factors do the crops grown in India depend?
.....
.....

How does transport help in the availability of food items?
.....
.....

Which food grains are eaten in different parts of India?
.....
.....

What is the importance of spices in our food?
.....
.....

.....
Name three vegetable oils produced in India?
.....
.....

Write the correct statement after changing the underlined word.

1. Coconut grows in hilly areas.
.....

2. Seasonal food is stored in cupboards to be made available throughout the year.
.....

3. Oranges grow in Dispur.
.....

4. Climate, soil and availability of fields decide the type of food for a certain region.
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Circle the odd one out

1. Rice, chickpea, jowar, bajra

2. Muskmelon, oranges, chillies, grapes

3. Turmeric, maize, cumin, cloves

4. Mustard oil, coconut oil, sunflower oil, amla oil