

**GURU GOBIND SINGH PUBLIC SCHOOL, CHAS**

**E-ONLINE TEACHING (SESSION-2020-21)**

CLASS-4

SUBJECT- E.V.S

ASSIGNMENT-13

**L-6- JOURNEY OF FOOD**

DATE-13.7.2020

Food is very important for us to stay alive. We get majority of food from plants.

**FOOD WE GET FROM PLANTS**

We get following types of food from the plants-

- i) cereals
- ii) pulses
- iii) oilseeds
- iv) fruits and vegetables
- v) spices
- vi) beverages

**HOW DOES FOOD REACH US?**

By the following processes: -

- Growing crops
- Harvesting
- Threshing
- Sending to wholesale market
- Buying by the shopkeepers
- Selling to us

**HANDLING OF FOOD**

Food should not be spoiled or wasted. Spoiled food can cause diseases. We should store food properly so that it does not get spoiled.

EXERCISE:

Q.1 Answer the following questions :-

(a) Why do we need to store food?

Ans:- We need to store food properly so that it does not get spoiled.

(b) What is the use of airtight containers?

Ans:- Airtight containers are used to prevent spoilage of food.

Q.2 Define the following:

(a) Cereals : Food grains like rice, wheat, oats, corn etc. are called cereals.

(b) Harvesting: The process of cutting grown crops is called harvesting.

(c) Threshing: The process of separating food grains from harvested crops is called threshing.

(d) Irrigation: The process of watering the crops regularly is called irrigation.

Q.3 Classify the following as cereals, pulses, oilseeds, spices and beverages

[ wheat, cardamom, tea, sunflower seeds , millets , chickpea , corn, clove, black gram, rice , coffee, kidney beans , turmeric , moth beans , mustard seeds , cumin , sesame seeds ]

CEREALS	PULSES	OILSEEDS	SPICES	BEVERAGES

Ans:-

CEREALS	PULSES	OILSEEDS	SPICES	BEVERAGES
Wheat	Chickpea	Sunflower seeds	Cardamom	Tea
Millets	Black gram	Mustard seeds	Clove	Coffee
Corn	Kidney beans	Sesame seeds	Turmeric	
Rice	Moth beans		Cumin	

Q.4 Write true or false for the following statements-

(a) Spices add flavour to our food.

(b) We should throw away the leftover food.

(c) We should not waste our food.

(d) Harvesting is done after threshing.

(e) We should keep the food uncovered.

(f) Indian food is famous all over the world because of the spices used in it.

Ans:-

(a) True

(b) False

(c) True

(d) False

(e) False

(f) True

Q.5 Draw and colour two types of food grains and two types of spices.

Note: Write in the EVS assignment notebook.