

GURU GOBIND SINGH PUBLIC SCHOOL, CHAS

E-ONLINE TEACHING (SESSION-2020-21)

SUBJECT-E.V.S

ASSIGNMENT- 14

CLASS-4

DATE-20.7.2020

LESSON -7 -EATING TOGETHER

People of India eat a wide variety of food.

FOOD EATEN IN DIFFERENT REGIONS

Food habits of the people of a region depend on the crops grown and the climatic conditions of that region. The taste and flavour of the food vary from region to region.

North Indian Food



Sarson ke saag



Rajma rice

West Indian Food



Pav bhaji



Vindaloo

East Indian Food



Fish curry



Rasogulla

South Indian Food



Idli



Dosa

FESTIVAL DISHES

Special food dishes are cooked on different festivals in India.

- Makar Sankranti – Rice with milk and jaggery
- Shivratri— Thandai
- Holi— Malpua
- Durga Puja— Moong dal khichdi
- Diwali— Sweets
- Eid—Sewaiyan

COMMUNITY EATING

When a large number of people share and eat food together outside of their family, it is called community eating.

- Langar
- Mid day meals provided by the government
- Mess in boarding school.

EXERCISE: (L-6- Journey of food)

Q.1 Write a short note on growing crops.

Ans:-The following processes are required for growing crops-

- (a) First the farmer ploughs the field.
- (b) He sows seeds into the soil and adds manure.
- (c) Irrigation is done by the farmer regularly.
- (d) Then he adds fertilizers.
- (e) He sprays insecticides and pesticides to keep away the insects and pests from the crops.
- (f) Finally the crops are grown.

Q.2 Write some of the steps to avoid the spoilage of food.

Ans:- The steps to avoid the spoilage of food are-

- (a) Always keep the food covered.
- (b) Store the food in refrigerator.
- (c) Store dry items in airtight containers.

Q.3 What happens to the food crops after harvesting?

Ans:- After harvesting grown crop are threshed, packed and sent to the wholesale market. The shopkeepers or grocers buy crops in bulk from a wholesale

market. Finally, we buy food articles according to our need from these shopkeepers.

Q.4 How can we avoid wastage of food?

Ans:- We can avoid wastage of food by following some simple steps-

- (a) Do not put excess food on your plate.
- (b) Cook food according to the number of people to be served.
- (c) Give leftover food to the needy people.
- (d) Store food properly so that it does not get stale or spoiled.

EXERCISE: (L-7-EATING TOGETHER)

Q. 5 Write true /false for the statements-

- (a) In community eating many people eat and share food together. _
- (b) Mid day meals provide food to the private school students. _
- (c) The taste and flavour of the food varies from region to region in India. _
- (d) Sharing meals do not promote friendship and mutual affection. _
- (e) Thandai is a popular drink of Durga Puja. _

Answer: (a) True (b) False (c) True (d) False (e)
False

Q.6 Draw and colour your favourite festival dishes (any two) and name them.

Note :- Write in E.V.S assignment notebook.