

1

Sources of Food

Picture Study

Skills Covered: • Observation • Critical and logical thinking
• Decision-making

Observe the pictures given below. Write their names in the space given below the pictures. Also, classify these products as dairy products or poultry products.





Dairy Products





Poultry Products

- Name any two dairy products that you eat. _____
- Do you eat poultry products? Yes No
- If yes, name any two such products. _____

Apply Your Learning

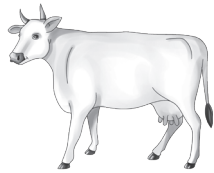
Skills Covered: • Observation • Critical and logical thinking • Experiential learning
• Social and emotional skills • In-depth learning

A. Look at the given image. It shows the palak paneer, a famous dish eaten in India. Then answer the questions that follow.

- Name the ingredients of this dish.
- Which vegetables and dairy products are used in making this dish?
- Do you like eating this dish? Yes No
- Find out and write any two health benefits provided by this dish.



B. Name the following animals and fill in the missing details about the animals.



Category to which it belongs			
Food it eats			

1. What will happen to the herbivores if all the plants of the region where these animals live are burnt?
2. In reference to the above part, discuss how carnivores of the region would be affected.

Life Skills

Skills Covered: • Observation • Critical and logical thinking • Investigation
• Decision-making • Social and emotional skills

Aksah goes to the grocery store with her mother. They buy cereals, fruits, oils, vegetables and pulses. Aksah helps her mother to carry the food items. Just then she notices that a lady drops her bag by mistake and the food items fall down. Aksa gives her bag to her mother and helps the lady to pick up her things and keep them in her bag. The lady thanks Aksa for helping her.

Give two examples of each category.

1. Cereals: _____
2. Fruits: _____
3. Oils: _____
4. Vegetables: _____
5. Pulses: _____

1. Do you help your mother to carry things?
Yes No
2. What will you do if you see someone drop their things?
3. Name any three vegetables that your mother bought from the grocery store this week.

Let's Explore

Skills Covered: • Critical and logical thinking • Investigation
• Curiosity

Visit a dairy farm with an elder or your teacher and make a list of the animals in the farm. Also write the names of three food items that can be made from the milk products obtained from the animals in the dairy farm.

1. Names of animals in the dairy farm: _____
2. Names of milk products: _____
3. Names of food items: _____

Link and Learn (Mathematics)

Skills Covered: • Integrated learning • Critical and logical thinking
• In-depth learning

You have to prepare a glass of banana shake. You need two bananas and 200 mL milk for making one glass of banana shake. There are four members in your family. Three of your friends come to visit you. Your father does not like banana shake. How many bananas and how much milk do you need to make banana shake for the remaining family members and your friends?

Higher Order Thinking Skills

Skills Covered: • Critical and logical thinking
• Analytical reasoning

Give reasons for the following statements.

1. Food is needed to stay alive.
2. People from different states eat different kinds of food.
3. Plants are called producers.
4. Goat is a herbivore.
5. Cottage cheese and curd are considered as dairy products.
6. Sprouted seeds are healthy.

Multiple Choice Questions

Skills Covered: • Critical and logical thinking
• Decision-making • Reasoning

Choose the correct answer.

1. Which of the following is obtained from the root of a plant?
(a) Turnip (b) Cabbage (c) Broccoli (d) Pineapple
2. We obtain _____ from hen.
(a) milk (b) egg (c) flower (d) honey
3. Which of the following is a herbivore?
(a) Lion (b) Jackal (c) Deer (d) Bear
4. Which of the following is not a food-giving plant?
(a) Sunflower (b) Rice (c) Sugar cane (d) Banyan
5. Which of the following ingredients is not used to make idli?
(a) Rice (b) Urad dal (c) Salt (d) Sugar
6. Which of the following is an omnivorous animal?
(a) Squirrel (b) Lion (c) Goat (d) Elephant
7. Which of the following food items is prepared using milk, rice and sugar?
(a) Kheer (b) Curd (c) Chapatti (d) Dal

8. Which of the following is an example of food obtained from leaves of a plant?
- (a) Cabbage (b) Fenugreek (c) Spinach (d) All of these

Case Study

Skills Covered: • Observation • Critical and logical thinking • Experiential learning
• In-depth learning • Investigation

Ingredients in the Kitchen

Food is prepared by using various materials known as ingredients. The basic ingredients added in food remains the same but the extra ingredients added depend on the taste of the person. The table shows a list of commonly used ingredients in a kitchen.

Pantry	Condiments	Oils	Herbs and Spices	Refrigerated Items
Flour	Ketchup	Olive oil	Pepper	Milk
Sugar	Mustard	Sesame oil	Cinnamon	Butter
Baking soda	Honey	Coconut oil	Oregano	Eggs
Salt	Vinegar	Sunflower oil	Bay leaves	Chicken
Rice	Soy sauce		Nutmeg	Vegetables
Pulses	Mayonnaise		Ginger	Fruits
Cornstarch				Lemon

- What are the ingredients required to prepare the following food items?
(a) Rice (b) Chicken curry (c) Vegetable curry (d) Dal
- From the given table, name any two ingredients that are obtained from the following:
(a) Plants (b) Animals
- Name any three animals that give milk.
- Name two oils derived from plants.
- Name any four fruits and four vegetables that are kept in your refrigerator.
- Which of the given ingredients is/are found in your kitchen?