

**Q1. DEFINES**

<b>S. No.</b>	<b>WORD</b>	<b>DEFINE</b>
1	Irrigate	To supply water to an area through pipes and channels
2	Paddy Fields	A field of rice growing in water
3	Wholesale	Relating to business of selling large quantities of goods.
4	Middleman	A person who buys things from farmers and sells them to others

**Q2 . GIVE ONE WORD**

<b>S.N.</b>	<b>Question</b>	<b>Answer</b>
1	Write the names of main components of balanced diet	Carbohydrate, proteins, fats, vitamins and minerals
2	The process of preparing the land and using it to grow crops is known as _____	cultivation
3	The large scale cultivation of land by farmers is known as _____	agriculture
4	_____ gives us energy to work and play.	Food
5	Write the names of the food which we get from the plants.	Grains, pulses, fruits, vegetables, oil, sugar etc.
6	It is a type of carbohydrate that gives us energy.	Starch
7	What are the main sources of vitamin and minerals?	Fruits, green vegetables
8	What are the main sources of carbohydrates?	Rice, wheat, maize, potato, and sugar

9	What are the main sources of proteins?	Pulses like moong beans, kidney beans , lentil etc.
10	Name some beverages that we get from plants.	Tea, coffee, cocoa etc.
11	_____are used to add taste, colour and flavor to the food.	Spices
12	Name some spices grown in India.	Turmeric, cinnamon, cloves, cumin seeds, pepper, saffron etc.
13	_____are used for extracting oil.	Oilseeds
14	Give some examples of oilseeds.	Sesame seeds, mustard seeds, sunflower seeds, soya beans
15	The food we eat is called _____	diet
16	India is an _____country.	agricultural
17	About _____per cent of Indians are engaged in agriculture-related occupations.	70
18	The ability of our body to give us protection against infections and diseases	Immunity
19	Cocoa beans are also used to make_____	chocolates
20	_____make the soil fertile.	Fertilisers

### **Q3 . ANSWER IN ONE LINE**

1	<b>What is the balanced diet?</b>
Ans.	Food that contains all the nutrients like protein, carbohydrates, fats, vitamins and minerals in adequate proportion is called balanced diet.
2	<b>How does the farmer prepare the soil before sowing seeds?</b>
Ans.	The farmer prepares the soil by ploughing the field and adding fertilisers to it. Fertilisers make the soil fertile.

<b>3</b>	<b>How does the farmer take care of his crops?</b>
Ans.	<ul style="list-style-type: none"> <li>• After sowing the seeds, the farmer irrigates the fields regularly.</li> <li>• Protects the crops from insects and pests by spraying insecticides and pesticides.</li> </ul>
<b>4.</b>	<b>How a farmer does protect the crops from birds?</b>
Ans.	He makes a figure which looks like a person with sticks, hay, old clothes etc and put it in the field to frighten the birds away. Such figures are known as scarecrows.
<b>5</b>	<b>What do you mean by cuisine?</b>
Ans.	A particular style of cooking food, especially the style of a particular country or region.
<b>6</b>	<b>Write the steps of journey of food.</b>
Ans.	<ol style="list-style-type: none"> <li>1. Sowing of food</li> <li>2. Irrigation</li> <li>3. Harvesting</li> <li>4. Packing</li> <li>5. Selling in the market and wholesale mandis</li> </ol>
<b>7</b>	<b>What do you mean by harvesting?</b>
Ans.	Cutting and gathering of crops after it has grown is called harvesting.
<b>8</b>	<b>Write a short note on retailers.</b>
Ans.	<p>Small shopkeepers and vendors, are known as retailers.</p> <p>They buy crops from mandis and then sell them in their shops or in their local areas.</p>

**Activity: Find out at least five spices and five seeds present in your kitchen. Paste their pictures in EVS note book and write their names in Hindi and English.**

**Book Exercise (Page No. 68)**

**A. Tick the correct option**

1. rice
2. oilseeds
3. spice
4. mandis
5. cereals

**B. Fill in the blanks.**

1. energetic
2. Fertilizers
3. protein
4. Spices
5. Oilseeds

**C. Write True or False**

1. True
2. False
3. True
4. False
5. True

**Solve the cross Word with the help of the given clues. ( page no. 69)**

