Class 4 EVS Worksheet – Set C

Where Do We Get Food From?

Name: _____ Class: 4 Date: _____

A. Multiple Choice Questions

Tick (✓) the correct option.

1. Which of the following is a flower that we eat?
   (a) Cabbage **(b)** Cauliflower **(c)** Spinach **(d)** Beetroot
2. Which of these is a spice?
   (a) Wheat **(b)** Cumin **(c)** Pea **(d)** Potato
3. Which of these is NOT a beverage?
   (a) Tea **(b)** Coffee **(c)** Water **(d)** Juice
4. We get eggs from _____.
   (a) cows **(b)** hens **(c)** goats **(d)** buffaloes
5. Which of these is rich in carbohydrates?
   (a) Egg **(b)** Fish **(c)** Rice **(d)** Cheese
6. Which of these is a rich source of calcium?
   (a) Maize **(b)** Lemon **(c)** Mustard **(d)** Milk
7. Lime and oranges are a good source of _____.
   (a) iron **(b)** calcium **(c)** vitamin C **(d)** iodine
8. A shopkeeper who sells sugar, salt, pulses and spices is a _____.
   (a) greengrocer **(b)** farmer **(c)** wholesaler **(d)** grocer
9. _____ are sprayed on plants to protect them from insects.
   (a) Manure **(b)** Pesticides **(c)** Seeds **(d)** Fertilisers
10. Which special food is made during Eid-ul-fitr?
    (a) Sandesh **(b)** Modak **(c)** Ghevar **(d)** Seviyan

B. Fill in the Blanks

Fill in the blanks with the correct word.

1. Beetroot and radish are _____ that we eat.
2. Almond and cashew are fruits eaten as _____.
3. Rice, wheat, maize, barley and _____ are cereals.
4. Cloves, cardamoms, cinnamon, mustard and _____ are spices.
5. Milk, eggs, cheese, fish and pulses are _____-rich foods.
6. Calcium, iron and iodine are examples of _____.
7. After the crops are ripe, the farmer _____ (cuts) them.
8. Farmers sell their produce to a _____ in a big market called a mandi.
9. A _____ is cooked in large quantities and served free in gurudwaras.
10. Modak is the special food made during the festival of _____.

C. True or False

Write T for true and F for false in the box ( ).

1. Cauliflower is a flower. ( )
2. Tomato is a vegetable and not a fruit. ( )
3. Cereals are found inside pods. ( )
4. Chocolate is made from cocoa seeds. ( )
5. We get honey from beehives. ( )
6. Fats provide more energy than carbohydrates. ( )
7. We need vitamins and minerals in large quantities. ( )
8. Retailers sell food items in small quantities. ( )
9. A langar is cooked in very small quantities. ( )
10. Mumbai's dabbawalas started a roti bank to help needy people. ( )

D. Match the Following

Match the items in Column A with Column B. Write the letter in the bracket.

Column A	Column B
1. Almond ( )	A. Pulse
2. Spinach ( )	B. Nut
3. Rice ( )	C. Protein-rich food
4. Chickpea ( )	D. Oilseed
5. Coconut ( )	E. Leaf
6. Tea ( )	F. Rich in iron
7. Butter ( )	G. Beverage
8. Fish ( )	H. Cereal
9. Green vegetables ( )	I. Jalebi and gulab jamun
10. Diwali ( )	J. Milk product

E. Answer in Two Lines

1. Name two vegetables that are actually fruits.

2. Name two leaves that we eat as vegetables.

3. What are pulses? Name two.

4. How do we use oil?

5. What do we get from beehives?

6. Why do we need protein-rich food? Give one example.

7. Why are some foods called protective foods?

8. What is a mess?

9. What is ploughing?

10. Name two festivals and one special food for each.

F. Write Short Notes

Write 4 or 5 points for each. Give examples from the book.

1. Write short notes on: Spices and oilseeds

2. Write short notes on: Beverages

3. Write short notes on: Fats

4. Write short notes on: How farmers grow our food

5. Write short notes on: Community eating

G. Give the Answer in One Word

Read the meaning and write the correct term.

1. Seeds of mustard, sunflower and coconut that are crushed to make oil.

2. A person who sells sugar, salt, flour, oils and pulses in a shop.

3. A natural substance added to the soil, along with fertilisers, to increase its fertility.

4. The dining hall where students of a boarding school eat together.

5. A big market where farmers sell their produce to wholesalers.

6. A sweet food made from cocoa seeds.

7. A red fruit that is often eaten as a vegetable.

8. The scheme of the Government of India that gives healthy food every day to school students.

9. The place from where we get honey.

10. The mineral found in green vegetables.

ANSWER KEY – Set C (Class 4 EVS)

A. Multiple Choice Questions

Q.	Answer	Q.	Answer
1	(b) Cauliflower	6	(d) Milk
2	(b) Cumin	7	(c) vitamin C
3	(c) Water	8	(d) grocer
4	(b) hens	9	(b) Pesticides
5	(c) Rice	10	(d) Seviyan

B. Fill in the Blanks

Q.	Answer	Q.	Answer
1	roots	6	minerals
2	nuts	7	harvests
3	jowar	8	wholesaler
4	cumin	9	langar
5	protein	10	Ganesh Chaturthi

C. True or False

Q.	Answer	Correct statement / reason
1	True	—
2	False	Tomato is a fruit that is often eaten as a vegetable.
3	False	Pulses are found inside pods, cereals are not.
4	True	—
5	True	—
6	True	—
7	False	We need them in small quantities.
8	True	—
9	False	A langar is cooked in large quantities.
10	True	—

D. Match the Following

Column A	Answer	Column A	Answer
1. Almond	B – Nut	6. Tea	G – Beverage
2. Spinach	E – Leaf	7. Butter	J – Milk product
3. Rice	H – Cereal	8. Fish	C – Protein-rich food
4. Chickpea	A – Pulse	9. Green vegetables	F – Rich in iron
5. Coconut	D – Oilseed	10. Diwali	I – Jalebi and gulab jamun

E. Answer in Two Lines

1. Pumpkin and gourd are fruits that are eaten as vegetables.

2. Spinach and cabbage.

3. Pulses are food grains found inside pods, such as kidney bean, chickpea, pea and moong.

4. We use oil for cooking and for oiling our hair and body.

5. We get honey from beehives.

6. Proteins are needed for growth and building muscles. Milk, eggs, cheese, fish and pulses are protein-rich.

7. Fresh fruits, vegetables, milk and eggs are rich in vitamins and minerals, which protect us from falling ill.

8. A mess is the dining hall of a boarding school where students eat together.

9. Ploughing is digging the soil in fields so that seeds can be planted. It is done with ploughs, bullocks or tractors.

10. Diwali: jalebi. Holi: gujjia. (Any correct pair from the book is accepted.)

F. Short Notes (model answers)

1. Spices and oilseeds

1) Spices are parts of plants that are added to food for flavour.
2) Spices have a strong taste and smell.
3) Examples of spices: cloves, cardamoms, cinnamon, mustard and cumin.
4) Seeds of mustard, sunflower and coconut are crushed to make oil.
5) We use oil for cooking and for oiling our hair and body.

2. Beverages

1) Any type of drink, except water, is called a beverage.
2) Tea and coffee are examples of beverages.
3) We get tea from tea leaves and coffee from coffee beans.
4) Chocolate is made from cocoa seeds.
5) Extracts of some fruits are used to make juices.

3. Fats

1) Fats are nutrients that give us energy.
2) Nuts, oil, ghee and butter are rich sources of fats.
3) Fats provide more energy than carbohydrate-rich food items.
4) Examples: ghee, butter, cooking oil, almond, cashew.
5) Picture: 'Sources of fats' (ghee, butter and oil).



Picture from the book: Sources of fats

4. How farmers grow our food

1) The farmer ploughs the soil with ploughs, bullocks or tractors.

2) Seeds are planted at the right time of the year.
3) Manure and fertilisers are added to increase the fertility of the soil.
4) The field is irrigated (given water) and pesticides are sprayed to protect plants from insects.
5) When the crops are ripe, the farmer harvests (cuts) them.



Picture from the book: A farmer ploughing a field

5. Community eating

1) When a large group of people eat together, it is called community eating.
2) Langar: a free meal served in gurudwaras, cooked in large quantities and usually served every day.
3) Feast: a large or special meal prepared to celebrate a festival.
4) Boarding school: students eat three balanced meals and snacks together in a mess.
5) Midday Meal scheme: free healthy food in government schools for students who cannot afford it.

G. Give the Answer in One Word

Q.	Answer	Q.	Answer
1	oilseeds	6	chocolate
2	grocer	7	tomato
3	manure	8	Midday Meal scheme
4	mess	9	beehive
5	mandi	10	iron