Where Do We Get Food From? – Textbook Solutions

CBSE Class 4 EVS | **Where Do We Get Food From?**

Warm-up

Q. Which meal of the day do you enjoy the most? Name the food items you like to eat in that meal.

Ans. This answer depends on the child. Sample answer: I enjoy dinner the most. I like to eat roti, dal, rice, a vegetable and some curd.

Quick Connect – Choose the odd one out

Q.	Items	Odd one out	Reason
1	Milk, Egg, Oilseed, Meat	Oilseed	Milk, egg and meat come from animals. Oilseed comes from plants.
2	Clove, Tea, Chilli, Ginger	Tea	Clove, chilli and ginger are spices. Tea is a beverage.
3	Spinach, Lettuce, Cabbage, Walnut	Walnut	Spinach, lettuce and cabbage are leaves. Walnut is a nut (a fruit).
4	Gram, Wheat, Rice, Barley	Gram	Wheat, rice and barley are cereals. Gram is a pulse.

Exercises

A. Choose the correct options.

Q.	Question	Answer
1	Which of the following is a stem? (a) Beetroot (b) Radish (c) Cabbage (d) Ginger	(d) Ginger
2	Which of the following is not a cereal? (a) Maize (b) Jowar (c) Pea (d) Barley	(c) Pea
3	Which of the following food items is rich in proteins? (a) Pulses (b) Oil (c) Sugar (d) Potato	(a) Pulses
4	Which of the following is a protective food? (a) Apple (b) Tomato (c) Milk (d) All of these	(d) All of these

B. Fill in the blanks.

Q.	Question	Answer
1	____ is an example of pulses.	Moong dal
2	____ are energy-giving foods.	Carbohydrates
3	Tea is made from tea ____.	leaves
4	The practice of supplying land with water so that plants can grow is called ____.	irrigation

C. Answer the following questions.

Q1. Give examples of food we get from plants and animals.

Ans. Food from plants: fruits (apple, mango), vegetables (spinach, potato, cauliflower), cereals (rice, wheat), pulses (moong, chickpea), spices (cumin, cloves) and oil (mustard oil).

Food from animals: milk and milk products (butter, cheese, ghee, curd), eggs, meat (chicken, fish) and honey.

Q2. What are spices? Give examples.

Ans. Parts of plants that are usually added to food for flavour are called spices. Spices have a strong taste and smell.

Examples: cloves, cardamoms, cinnamon, mustard and cumin.

Q3. How do we get our food?

Ans. Grains, vegetables and fruits are produced by farmers. A farmer ploughs the soil, plants seeds at the right time, adds manure and fertilisers, irrigates the field and sprays pesticides to protect the plants from insects.

When the crops are ripe, the farmer harvests them. The produce is sold to a wholesaler in a mandi and is carried in trucks or trains. Retailers buy it in small quantities and sell it to us in shops.

We also get food such as milk, eggs, meat and honey from animals.

Q4. What is a langar?

Ans. A langar is a type of community meal organised by gurudwaras. The food is cooked in large quantities and served free to people.

Many people share responsibilities, from getting raw materials and preparing and serving the food to cleaning the utensils. Langars are usually served every day in gurudwaras.

Wear Your Thinking Cap! (Critical Thinking)

A. Why should growing children be given a protein-rich diet?

Ans. Proteins are needed for growth and for building muscles. Growing children need more proteins to grow tall and strong, so they should eat protein-rich foods such as milk, eggs, cheese, fish and pulses.

B. Why should we not wash cut fruits and vegetables?

Ans. Fruits and vegetables are rich in vitamins and minerals. If we wash them after cutting, these nutrients dissolve in water and are washed away. So we should wash fruits and vegetables before cutting them. (Note for teachers: the book does not state this answer directly. It is the standard reasoning used in class.)

Things to Do and Life Skills and Values (Guidance for answers)

Visit to a departmental store: Pick out some tinned products and read the list of contents. Some contain preservatives, artificial colours and flavours. Numbers on the tin show the energy (calories), fats and protein content. Note your findings and compare them with your friends.

NGOs and leftover food: Many NGOs collect leftover food from weddings and give it to needy people. Find out about NGOs in your area or state, show your findings on a chart paper and present it in class.

Environment Connect: Mumbai's dabbawalas started a roti bank. They collect leftover food from parties and homes and give it to needy people. We can also give away leftover food at home to needy people. This teaches us empathy and not to waste food.

Keywords

Word	Meaning
Ploughing	The process of digging the soil in fields so that seeds can be planted.
Pesticide	A chemical substance used to kill harmful insects, small animals, wild plants and other unwanted organisms.
Irrigation	The practice of supplying land with water so that plants can grow.