

Worksheet for chapter 1: -Food: where does it come from?

The following questions are important for your exams for 1 mark 2 mark or 5 marks. First solve the questions on your own and then saw the solution for understanding it better.

Practice worksheet for class 6

Section A

1. What is the source of milk?
→The source of milk is animal that is cow or buffalo gives us a milk.
2. Write list of some animal food items?
→Milk, meat,ghee,eggs,curd.
3. What are the ingredients of idle?
→Rice, urad dal,salt, water
4. Which food items given by plants?
→Grains, fruits and vegetables, cereals, pulses these are the food items given by plants.
5. Define sprouts?
→When we soak the dry seeds of moong aur chana overnight the white structure may have grown out of the seeds another day this white structure is called as sprouts. These sprouted seeds are very healthy for our body
6. What are herbivores? Give example?
→The animals which eat only plants and plant products this are called as herbivores.
E.g. Cow, buffalo

7. Define carnivores and give example?
→The animals which eat other animals are called as carnivores.
E.g.,tiger, lion
8. What are omnivores? give example?
→Omnivores are the animals which eats plants as well as animals.
E.g., beer, dog, pig
9. Write the ingredients used to make dal?
→Ingredients are as follows: - pulses, water, ghee or oil, spices.
10. Write the two main sources of food?
→The source of food is plants and animals.
11. Name the animals which provides us milk?
→The animals which provide milk are cow, goat, buffalo, and camel.
12. Write the source of honey?
→The source of honey is bees. Honey bees collect the nectar from the flowers convert it into honey and stored it in their hives.
13. What is the source of sugar?
→The sugar is obtained from plant that is sugarcane. In Some countries sugar is obtained from sugar beet.
14. Define food?
→Food is a substance which is being eaten by living things to sustain and to gain energy for everyday activities. Along with the energy food helps for living things to grow and it gives good health.
15. What are the ingredients used in food?
→Ingredients are the substances used to make food. For example, Tomake rice we need rice, water, and oil so we are using Threeingredients to make rice.

16. Why cooking of food is important?

→ Cooking of a food is important for our digestion. The germs and some bacteria's present in food killed while cooking. Cooked food is always better for our healthy digestion. So, we eat cooked food.

17. Classify following food items according to their source?

- a) Milk
- b) Fish curry
- c) Spinach
- d) Apple
- e) Chicken pulao

→ a) milk – animal

b) fish curry- animal

c) spinach- plant

d) Apple- plant

e) chicken pulao- animal.

18. Write the part of a plant to which following vegetables belongs?

- a) Carrot
- b) Sweet Potato
- c) Spinach
- d) Onion
- e) Lady's finger

→ a) carrot- roots

b) sweet potato- roots

c) spinach – leaves

d) onion- roots

e) lady's finger- fruit

19. Write the ingredients used to make following food items?

- a) Idle
- b) Tea
- c) Roti
- d) Dal

→ a) idle – rice, Urad dal, salt, water

b) Tea – water, milk, sugar, tea powder, ginger

c) roti – atta, water, oil

d) Dal – pulses, water, ghee/oil, salt, spices

20. Write some examples of following.

- a) Vegetables
- b) Pulses
- c) Fruits
- d) Grains
- e) Oil

→ a) vegetables- brinjal, cabbage, cauliflower, potato, spinach etc.

b) pulses- pea, beans, gram

c) fruits- Apple, pineapple, guava, mango, orange

d) grains- ragi, wheat, rice.

e) oils – groundnut, mustard, coconut, sunflower

21. Write the names of some edible parts of a plant which can be eaten by human beings and write the name of plant we eat generally without cooking?

→ The edible parts of plants are roots, stem, leaves, fruits, flowers, and seeds.

We generally eat the fruit without cooking that is banana, mango, apple.

22. Define honey and give its importance?

→ Honey is a substance which is sweet in taste collected by bees from the nectar of a flower and stored in their hives for years. This sweet substance is called honey.

Importance of honey: -

1. Honey has some important antiseptic properties so it is used in medicines.
2. Honey is used to kill microorganisms in the stomach.
3. Some people use honey as a sugar replacement.
4. Honey contains water, sugar, some important enzymes, and minerals in our body so it is consumed by human beings.

23. Define vegetarian and non-vegetarian terms?

→ Vegetarians are the ones who eat only the food coming from plant parts that is

Vegetables, fruits, flowers, grains, cereals, pulses.

Non-vegetarians are the ones who eat meat, eggs, fish etc.

Regards

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