

**Class - 3**  
**Subject - EVS**

**Chapter - 4 OUR FOOD IN THE KITCHEN**

1. Tick (✓) the correct options.

1. Fruits are usually grown in
  - a. Orchards ✓
  - b. Fields
  - c. Folds
2. Farmers dig furrows using
  - a. Needle
  - b. Ploughs ✓
  - c. Seeds
3. These are the main sources of proteins
  - a. Pulses ✓
  - b. Rice
  - c. Vegetables

2. Match the following.

- |                 |   |             |
|-----------------|---|-------------|
| 1. Mango        | - | Pickle      |
| 2. Cooked beans | - | Refrigerate |
| 3. Fish         | - | Can         |
| 4. Milk         | - | Boil        |
| 5. Tomato       | - | Ketchup     |

3. Fill in the blanks with suitable words.

1. The journey of a crop starts in the **farmers** field.
2. Farmers first prepare the field by **ploughing** it.
3. **Manure** and **fertilizers** are added to the soil to make the soil rich in nutrients.
4. The cutting of crops is called **harvesting**.
5. **Wholesalers** sell the crops to storekeepers and vendors.

4. Word Meaning :-

- |               |   |   |
|---------------|---|---|
| 1. Beverages  | - | Drink other than water, like tea, coffee  |
| 2. Cereals    | - | Grains used for food                      |
| 3. Orchards   | - | Area of land where fruit trees are grown. |
| 4. Harvesting | - | Process of cutting of crops               |
| 5. Threshing  | - | Process of separating grains from plants  |
| 6. Winnowing  | - | Process of removing husk from grains      |
| 7. Irrigation | - | Process of watering the crops             |

5. Very Short Answer Type Questions

1. What does the farmer put up to protect crops from birds and animals?

Ans. Scarecrow

2. From where do we buy cereals and pulses?

Ans. Grocer

3. Where do you buy vegetable from?

Ans. Greengrocer

#### 6. Short Answer Type Questions

1. Why do farmers add manure and fertilizers to the soil?

Ans. Farmers add manure and fertilizers to make the soil rich in nutrients, and reap a healthy crop later.

2. Why do farmers spray pesticides and insecticides?

Ans. Farmers spray pesticides and insecticides to keep the plants safe from insects.

3. From whom do we buy different food items?

Ans. We buy different food items from following people-

Vegetables - From greengrocer

Fruits - From fruit seller

Cereals, pulses, sugar, oil - Grocer

#### 7. Long Answer Type Questions

1. Describe the different stages in the farmer's work to grow or produce food.]

Ans. Different stages of growing food are:

i. Ploughing : The soil is mixed or dig with the help of plough.

ii. Adding manure and fertilizers to the soil to make the soil rich in nutrients.

iii. Sowing seeds : When the soil is ready, seeds are sown.

iv. Irrigation : Crops are watered regularly.

v. Pesticides and insecticides are added to keep the plants safe from insects.

vi. Harvesting : After about six months the crops are ready to be cut.

2. What are the different food items we get from plants?

Ans. We get following foods from plants :-

i. Cereals : wheat, rice, oats

ii. Pulses : dry peas, chick peas, dry bed

iii. Oilseeds : sunflower oil, olive oil, coconut oil

iv. Vegetables : potato, cabbage, brinjal

v. Fruits : apple, mango, grapes

vi. Spices : cloves, turmeric, cumin

vii. Beverages : tea, coffee, juice, milkshake

viii. Herbs : coriander, bay leaves, mint leaves