**Chapter 3**

**Our food**

1. The student should talk to at least ten friends and note down the food generally eaten by them and also write down the state to which the food belongs in form of table.

|  |  |  |  |
| --- | --- | --- | --- |
| S.N | Name of Friend | Food generally eaten | State of food |
| 1 | Ram Patel | Dhokla | Gujarat |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
| 6 |  |  |  |
| 7 |  |  |  |
| 8 |  |  |  |
| 9 |  |  |  |
| 10 |  |  |  |

1. List the various foods eaten by you and also write down the source of food eaten.
2. I went to stay in my friend’s house. In different meals I was served with dishes made of rice, idlis, dosas and sambhar . Suggest to which part of India my friend belong and why is rice staple diet for my friend?
3. Why are chappatis made of wheat staple diet of people from Punjab?
4. Fill in the blanks

Help box

Dried, balanced diet, panjiri, food, Modak, plants , spices, wheat

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1. \_\_\_\_\_\_ is made during the festival of Ganesh Chaturthi.
2. We get most food items from \_\_\_\_\_\_\_\_ and animals
3. India is the largest producer of \_\_\_\_\_\_\_\_ in the world.
4. The people of Punjab grow lot of \_\_\_\_\_\_\_\_ and hence their staple diet is chappatis.
5. The mother of a newborn baby is fed \_\_\_\_\_\_\_\_\_\_.
6. We must eat a \_\_\_\_\_\_\_\_\_\_\_ to remain healthy and happy
7. Nature gives us \_\_\_\_\_\_\_ to eat, not to waste.
8. Dry fruits like almonds, walnuts are first\_\_\_\_\_\_\_ then eaten.
9. Multiple choice questions
10. Rice is staple diet in \_\_\_\_\_\_\_\_India
11. North b) south c) Central
12. People living in the dry areas of Rajasthan and Gujarat do not get \_\_\_\_\_\_\_\_easily.
13. Fresh vegetables b) Pickles c) besan
14. People of Kashmir drink lot of Kehwa to keep \_\_\_\_\_\_\_\_\_\_ away.
15. Cold b) heat c) hunger
16. Which of the following food we do not get from plants?
17. Pulses b) Eggs c) Spices
18. The tastes and food habits of people are changing because
19. People are moving for living and education b) People are staying in one place only c) people like to have staple diet only.
20. Why are more and more people giving up non-vegetarian food?
21. What has brought about change in tastes and food habits of people?
22. Match the following

|  |  |
| --- | --- |
| Column A | Column B |
| Spices | Main part of Indian meal |
| Turmeric | Comes from animal |
| Eggs | Comes from plant |
| Rotis | Punjab |
| Stuffed paranthas | Spice |

1. Name the following
2. 2 spices that are dried and used
3. 2 spices that are eaten fresh
4. 2 vegetables that are eaten raw
5. 2 dry fruits.
6. 2 food we get from animals
7. What are the factors on which the kind of food we eat depends?
8. Rotis (Indian breads) forms the backbone of the food eaten in India, explain.
9. What is used as food in the dry areas of Rajasthan and Gujarat and why?
10. How does watching TV while eating affects us?
11. Where most of the food we eat comes from?
12. We are advised to take only small amount of food or as much food as we can consume in our plate, why?
13. There are some dishes that are cooked on special occasions, explain this statement with help of example.
14. Why must we eat balanced diet?
15. List 5 principles of food.
16. List the famous dishes from the areas mentioned below
17. Punjab
18. Rajasthan
19. Tamil Nadu
20. West Bengal
21. On the political map of India locate and label the following
22. Area where wheat is staple food
23. Area famous for misthi- dahi and Rasogulla
24. Tamil Nadu –famous for dosa- sambhar
25. Area where rice is the staple diet.

**Chapter 4**

**Our Dresses**

1. The student should talk to at least 5 of his/her friends and make a list of traditional dress worn by their father and mother and write the state in which the mentioned dresses are worn.
2. Geeta went to market she saw some woman were long black coloured cloak and had their face also covered except the eyes. She asked her mother what was the name of the dress the woman was wearing and reason for wearing it?
3. The type of material chosen for the dress depends upon the climate, justify this statement.
4. Fill in the blanks

Help box

Classical, Colourful, Phiran, Tamil Nadu, Occupation, Woollen, Cotton, Culture

1. India is a land of \_\_\_\_\_\_\_\_\_\_ dresses.
2. In hot and humid climate of \_\_\_\_\_\_\_\_\_ and Kerala people wear cool, cotton clothes.
3. People of Himachal Pradesh wear thick \_\_\_\_\_\_\_ clothes to keep themselves warm.
4. In areas of high temperature \_\_\_\_\_\_\_\_ and linen fabrics are worn.
5. The \_\_\_\_\_\_\_ and tradition of an area affect our dress.
6. In Kashmir men as well as women wear a loose, long robe known as\_\_\_\_\_\_\_\_\_.
7. Some dresses are linked with some \_\_\_\_\_\_\_\_\_\_.
8. India is a land of many \_\_\_\_\_\_\_\_\_and folk dances.
9. Name the dresses worn by the following
10. Naval officer
11. Mechanic
12. Police Officer
13. Name any 3 dances of India for which dancers wear colourful costume.
14. Multiple choice questions
15. Dhoti- Kurta is \_\_\_\_\_\_\_\_ dress of some parts of India.
16. Comfortable b) traditional c) modern
17. Scarves and shawls are worn by woman to protect their heads from
18. Heat b) Chilly winds c) Rain
19. Some \_\_\_\_\_\_\_ women wear burka.
20. Muslim b) Hindu c) Christian
21. Men in hot and humid places wear
22. Lungi and cotton shirts b) Woollen clothes c) Phiran
23. Men and women wear a loose, long robe in
24. Assam b) U.P c) Kashmir
25. Why are most of girls now seen in salwar- kameez, churidar kurta or jeans and T-shirts?
26. Complete the given table

|  |  |  |
| --- | --- | --- |
| S.N | Name of State | Name of the dress worn |
| 1 | Kashmir |  |
| 2 |  | Chadder |
| 3 | Rajasthan |  |

1. Is the dress worn by the brides and bridegrooms worn in the different parts of India same?
2. What could be the possible reason that people of different part of India wear different dresses?
3. What are kind of clothes worn by people living in Tamil Nadu and Kerala and why?
4. Give examples of the following
5. Man- made fibre
6. Natural fibre
7. Name two states of India where people wear a safa /turban. Why do they wear it?
8. What kind of material is used by people living in cold climate for their dress?
9. How can you say saree is worn all over India but is still different in different parts?
10. What dresses are worn by men of cities on special occasion?
11. What generally are deciding factors of the kind of dress person wears?
12. I saw a picture in which there was a woman wearing a colourful ghagra-choli, name the state to which the woman belonged
13. Name the source of the following
14. Cotton
15. Silk
16. Wool
17. Where do men wear woollen caps and why?
18. Match the following

|  |  |
| --- | --- |
| Column A | Column B |
| Cotton clothes | Punjab |
| Woollen clothes | Traditional dress |
| Achkan | Hot and humid places |
| Turban | Cold places |

1. On a political map of India locate the following
2. State where kathakali dance is performed
3. State where cool cotton clothes are worn
4. A state where thick woollen clothes worn
5. State where mekhla - chadder is worn