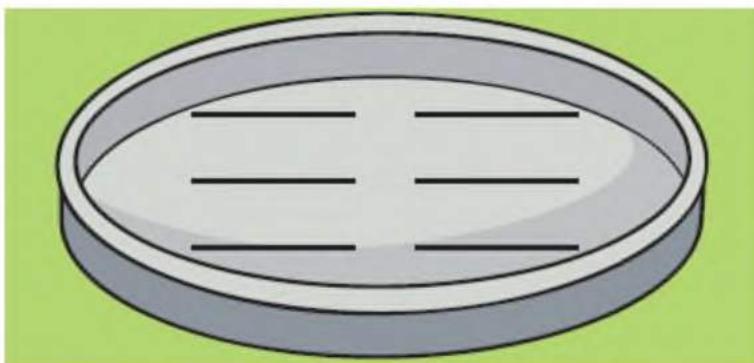


## CHAPTER – 6

### FOODS WE EAT

**Page No 37:**

**Question 1:** What did you eat yesterday? Write it on the plate.



**Answer:**

***Disclaimer:** Students are advised to prepare the answer on their own.*

**Question 2:** Now on the blackboard write the names of all the food items that you have written on your plate.

**Answer:**

***Disclaimer:** Students are advised to prepare the answer on their own.*

**Question 3:** Did all the children in the class eat the same food items yesterday? Why?

**Answer:**

***Disclaimer:** The purpose of this section is to make the students interactive. The answer may vary from student to student based on his/her*

*experience. It is highly recommended that the students prepare the answer on their own.*

**Question 4:** You must have noticed that in the picture there is one child in whose house no food was cooked. What could be the reason?

**Answer:**

There could be one or multiple reasons for it. These can be: i. The family of the child is poor and they could not afford to buy food items from the market. ii. The family member who usually cooks food was not well. iii. The fuel used for cooking could have been exhausted.

**Question 5:** Has it ever happened to you that on some day you were very hungry but there was nothing to eat? If yes, why?

**Answer:**

*Disclaimer: Students are advised to prepare the answer on their own.*

**Question 6:** How do you know that you are hungry?

**Answer:**

*Disclaimer: The purpose of this section is to make the students aware of their needs and feelings. The answer may vary from student to student based on his/her experience. It is highly recommended that the students prepare the answer on their own. A sample answer is provided below for reference.*

When I am hungry, I crave for food and feel a slight pain in my stomach.

**Question 7:** How do you feel when you are hungry?

**Answer:**

***Disclaimer:** The purpose of this section is to make the students aware of their needs and feelings. The answer may vary from student to student based on his/her experience. It is highly recommended that the students prepare the answer on their own. A sample answer is provided for reference.*

I feel like eating anything edible when I am hungry.

**Page No 38:**

**Question 1:** Why was *Dadi* not able to climb the stairs quickly?

**Answer:**

*Dadi* was not able to climb the stairs quickly because she was old and weak.

**Question 2:** How does *Dadi* like to have her dal?

**Answer:**

*Dadi* is old and her teeth has become weak. So, she eats food that is easy to chew and bite. *Dadi* likes to have some sugar in her dal. She dips her *chappatis* in the dal so that it becomes soft and can be eaten easily by her.

**Page No 39:**

**Question 1:** How many persons in the story can eat *bhutta* easily and why?

**Answer:**

Three persons in the story can eat *bhutta* easily. They are Vipul, his mother and his *mami*.

They can eat *bhutta* easily as they have strong teeth. *Dadi* is old and has weak teeth, while *chhutki* is too young and does not have teeth. So, *Dadi* and *chhutki* cannot eat *bhutta*.

**Question 2:** Can all old people eat *bhutta*? Why?

**Answer:**

No, all old people cannot eat *bhutta*. This is because, in most cases, the teeth become weak in old age.

**Question 3:** For four months Chhutki will have only her mother's milk. That is her only food. Why?

**Answer:**

Chhutki is a four-month old baby and has no teeth. Her digestive system is not strong enough to digest other food products such as cow's milk. The immune system of Chhutki is also not well developed as she is an infant.

Mother's milk is the only food for Chhutki as it is the best source of nutrition for all the babies. It contains all nutrient in proper amount required by baby. It is rich in carbohydrates, proteins, fats, vitamins, etc. and also protect the baby from diseases.

**Question 4:** Ask your elders and fill in the table.

	<b>What can they eat</b>	<b>What can they not eat</b>
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Child



\_\_\_\_\_

\_\_\_\_\_

Young



\_\_\_\_\_

\_\_\_\_\_

Old



\_\_\_\_\_

\_\_\_\_\_

**Answer:**

*Disclaimer: The purpose of this section is to make the students observe their surroundings. The answer may vary from student to student based on his/her observation. It is highly recommended that the students prepare the answer on their own. A sample answer is provided for reference.*

	<b>What can they eat</b>	<b>What can they not eat</b>
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Child



Milk

Chapati

Mashed fruits

Sugarcane

Young



Rice

Sugarcane

Chapati

Old



Juice

Sugarcane

Khichdi

Bhutta

**Question 5:** Put on the things that you eat often.

rice      wheat      barley      oats

maize      millet      *kappa* (tapioca) *ragi*

**Answer:**

*Disclaimer:* Students are advised to prepare the answer on their own.

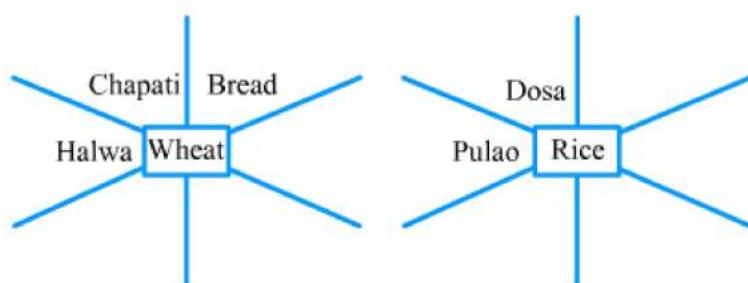
### Page No 40:

**Question 1:** Find out where each of these things is eaten more.

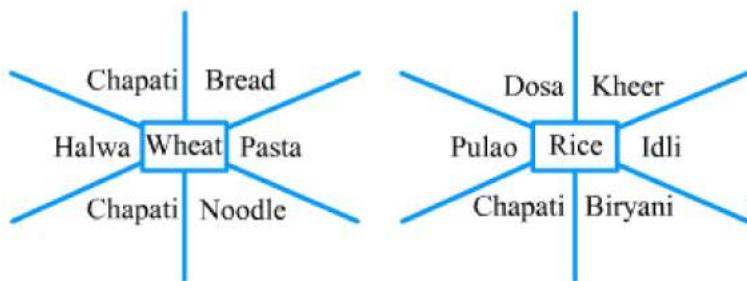
**Answer:**

*Disclaimer:* The purpose of this section is to make the students observe their surroundings. The answer may vary from student to student based on his/her observation. It is highly recommended that the students prepare the answer on their own.

**Question 2:** We not only eat different things but we also use the same things to prepare a variety of food items. Find out and write what all can be prepared from rice and wheat.



**Answer:**



*There can be other uses of rice and wheat as well.*

**Question 3:** Write the names of three food items you like to eat and three that you dislike.

Like \_\_\_\_\_

Dislike \_\_\_\_\_

**Answer:**

**Disclaimer:** *Students are advised to prepare the answer on their own.*

**Question 4:** Are your likes and dislikes similar to that of

- ◆ your family members?
- ◆ your friends?

**Answer:**

**Disclaimer:** *The purpose of this section is to make the students observe behaviour of their friends and family members. The answer may vary from student to student based on his/her experience. It is highly recommended that the students prepare the answer on their own.*

## Page No 42:

**Question 1:** What are the reasons that decide what we eat? Put a '✓' on them. Add to the list.

- ◆ What is easily available.
- ◆ What we can buy.
- ◆ Customs and traditions.

◆ \_\_\_\_\_  
◆ \_\_\_\_\_

### Answer:

- ◆ What is easily available. ✓
- ◆ What we can buy. ✓
- ◆ Customs and traditions.
- ◆ What keeps us healthy. ✓
- ◆ The climate we live in. ✓

***Disclaimer:** This is a sample answer. There can be other reasons as well.*

**Question 2:** Names of some things are given below. Put a '✓' on the things that can be eaten. If there is anything about which you are not sure ask your teacher.

Banana flower	<input type="checkbox"/>	Hen's eggs	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>
Drumstick flower	<input type="checkbox"/>	Leaves of Arvi	<input type="checkbox"/>	Meat	<input type="checkbox"/>
mushroom	<input type="checkbox"/>	Rat	<input type="checkbox"/>	Seeds of onion (kalonji)	<input type="checkbox"/>
Lotus stem	<input type="checkbox"/>	Fish	<input type="checkbox"/>	Crab	<input type="checkbox"/>

Red ants   
Leftover chapati   
Camel's milk

Frog   
Amla   
Chapati   
made of Bajra

Grass   
Coconut oil   
Chapati   
made of gram

**Answer:**

Banana flower   
Drumstick flower   
mushroom   
Lotus stem   
Red ants   
Leftover chapati   
Camel's milk

Hen's eggs   
Leaves of Arvi   
Rat   
Fish   
Frog   
Amla   
Chapati   
made of Bajra

Cauliflower   
Meat   
Seeds of onion (kalonji)   
Crab   
Grass   
Coconut oil   
Chapati   
made of gram

*This is a sample answer. The answer of the students may differ from this.*

**Question 3:** Write the names of some food items that you have never eaten before but feel like eating.

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**Answer:**

**Disclaimer:** The purpose of this section is to make the students observe their surroundings. The answer may vary from student to student based on his/her experience. It is highly recommended that the students prepare the answer on their own.