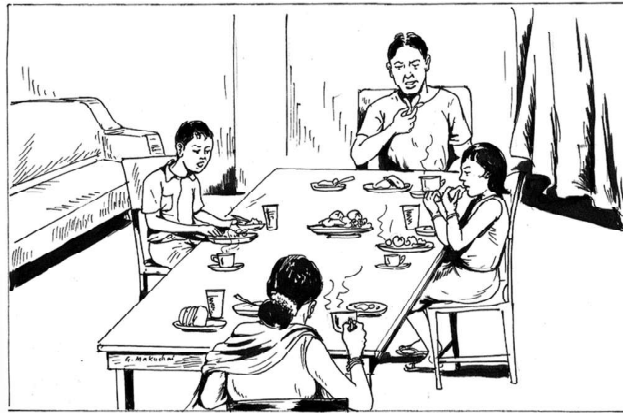


LESSON No. 10



HOW WE GET OUR FOOD



Look at the picture. It shows Tomba and Bembem having breakfast with their parents. They are having bread and butter, bananas and fruits with a glass of milk. Do you know where the foods come from?



Fishermen catch fish



Farmers produce crops



*Dairy workers collect milk
and produce cheese, butter*

Food goes a long journey before it reaches our plate. It starts with farmers, fishermen and dairy workers.

ENVIRONMENTAL STUDIES CLASS- IV

Have you seen food plants such as cabbage, potatoes, beans, lentils, peas, pulses, etc. growing in the field or your kitchen garden?



Sugar-cane



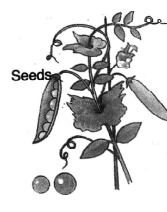
Potato



Carrot



Cabbage



Pea

Farmers grow food in their fields. Fishermen catch fishes. Dairy workers gather milk and produce cheese, etc.

The foodgrains, vegetables, fruits, etc. are transported to shops and markets by using vehicles like trucks.



Food grains are transported by trucks



Food is processed and put into packets or cans



Shopkeeper sells food to us

Sometimes food is taken straight to factories, where it is processed. It is then put into packets, cartons, cans or bottles.

These packets, cartons or bottles are then transported to shops.

We buy food from shops and markets. Then we cook it if required and eat it.



we cook and eat the food.

ENVIRONMENTAL STUDIES CLASS- IV

From where do we get the grains, vegetables and other food items?

We get food items mainly from two sources– plants and animals.

What are the food items that we get from plants?



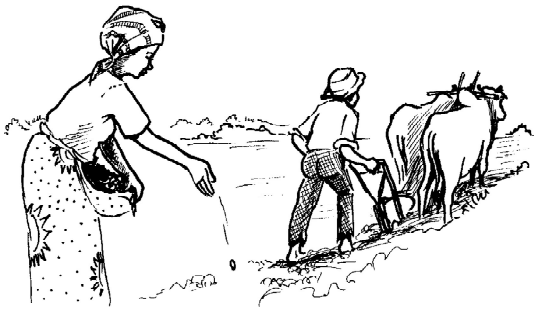
From plants we get _____

What food items do we get from animals?

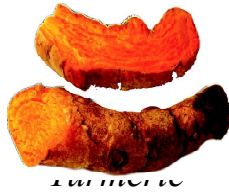
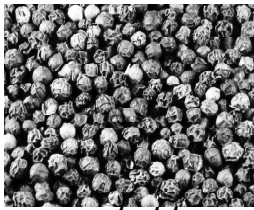


From animals we get _____

ENVIRONMENTAL STUDIES CLASS- IV



Plants are grown by farmers. The vegetable vendors reach the market very early in the morning. They bring the vegetables in baskets and sacks.



Spices add flavour to our food. Name some spices which you can recognise by smelling or tasting.

Powder



ENVIRONMENTAL STUDIES CLASS- IV

Clove, cardamom or green cardamom and turmeric can be recognised by smelling.

Ginger, black pepper, nutmeg and cinnamon can be recognised by tasting.

(i) Name three plants whose leaves we eat.

(ii) Name three plants whose roots we eat.

(iii) Name four plants whose stems we eat.

(iv) Name six plants whose fruits we eat.

(v) Name three plants whose seeds we eat.

Let us now answer the Riddles below.

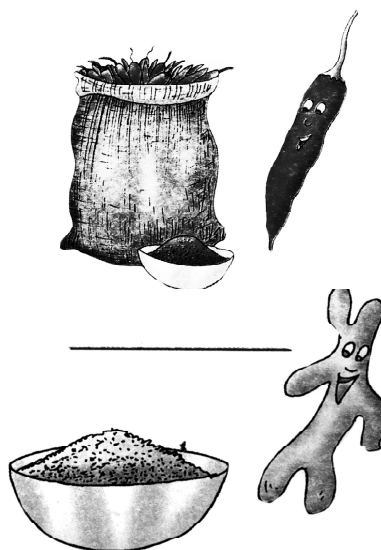
I can be powdered fine, to make food hot and spicy. If too much of me is added I make you gasp- shhee-- shheee. Your eyes and nose begin to water and even you cry!

Think and tell everyone.

Who am I? _____

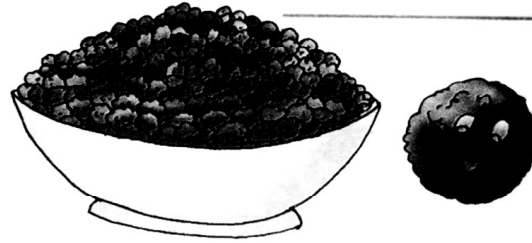
Make me dry. Grind and powder me. I make your curry yellow. I am mixed in oil and applied to wounds, quickly I heal all wounds.

Think and tell me who am I? _____

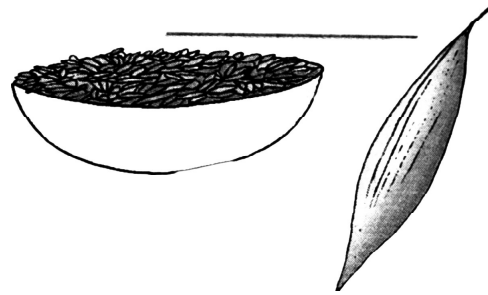


ENVIRONMENTAL STUDIES CLASS- IV

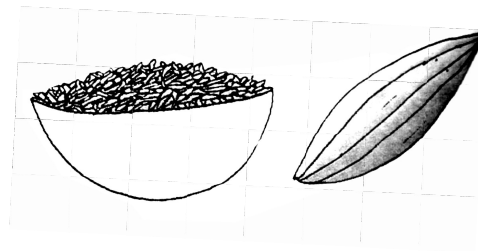
Small and round,
I am black when I am whole.
I can be powdered coarse or fine.
I give sharp and spicy taste.
Whether it is salty or sweet
I am added as a special treat
Think and tell who am I?



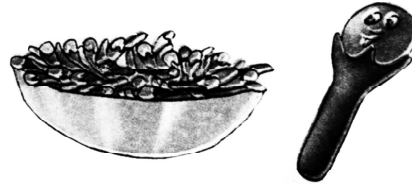
I am a small and skinny chap.
Sometimes I am brown and
Sometimes black.
Added to hot oil or ghee
I spread my fragrance all around when
I am roasted.
Think and tell me who am I?



Though green I am,
I look like Zeera.
I always try to make your stomach
healthy.
Eat me always after your meal,
I will refresh your mouth,
You will surely feel.
Think and tell me who am I?



I am a bud but looks like a nail.
I have chocolate brown colour and a
strong smell.
When you get toothache and makes you
shout,
My oil soothe the pain in your mouth.
Think and tell me who am I?



Draw pictures of other spices in your notebook. Try and make your own riddles. Ask those riddles in your class.

- * Find out which spices are used in your house for cooking. Make a list and look at your friends' lists also.

_____	_____
_____	_____
_____	_____

- * Name one spice which is put into both sweet and salty things.

_____	_____
_____	_____
_____	_____

- * Ask your grandparents which spices were used most in their kitchen? Write here.

_____	_____
_____	_____
_____	_____

- * Find out what is put into food to make it taste sour.

_____	_____
_____	_____
_____	_____

- * Find out whether spices are grown in your area. Write their names.

_____	_____
_____	_____