St. Andrews Scots School

Adjacent Navniti Apartment, I.P. Extension, Patparganj, Delhi – 110092

Session: 2026-2027

Class: III **Subject: Social Science** **Lesson: 13** **Topic: Our Food**

New Words:

1. **variety**
2. **cuisine**
3. **diverse**
4. **occasion**
5. **coastal areas**
6. **pledge**
7. **staple diet**
8. **celebrate**
9. **plenty**
10. **cereals**

Define & FIB

Learn from book.

Answer these questions:

Q1. Name some food grains we eat.

Ans. Wheat, rice, jowar, bajra and maize are some of the food grains we eat.

Q2. Name some oil seeds.

Ans. Some oil seeds are mustard, coconut, groundnut and sunflower.

Q3. Why do we use spices? Name some spices.

Ans. We use spices to make our food tasty and colourful. Some spices are pepper, cinnamon, cardamom, turmeric, cloves, nutmeg, cumin seeds and chillies.

Q4. Name some milk products eaten by us.

Ans. Butter, curd, cheese, ghee are some milk products that are eaten by us.

Q5. Why should we not waste food?

Ans. We should not waste food because there are many people who do not get enough food to eat.

<u>Think and Answer</u>:

Q1. Why do people living in the coastal areas eat lot of coconut?

Ans. Coconut grows in coastal areas. As it is readily available as well as nutritious so people living in coastal areas eat lot of coconut.

<u>Activity</u>:

Paste pictures of cereals and pulses in notebook.

Pulses



Grains and cereals

