

CBSE Class 3 EVS
NCERT Solutions
Chapter - 6
FOODS WE EAT

1. Did all the children in the class eat the same food items yesterday? Why?

Ans. No, because children in the class belonged to different regions.

2. You must have noticed that there is one child in whose house no food was cooked. What could be the reason.

Ans. There could be many reasons like:

(a) Mother might have gone outside the house.

(b) The children may belong to a poor family.

3. Has it ever happened to you that on some day you were very hungry but there was nothing to eat? If yes, why?

Ans. Yes, one day there was nothing to eat in the house. On that day mother went for some important meeting.

4. How do you know that you are hungry?

Ans. When we feel that the stomach is empty, we know that we are hungry.

5. How do you feel when you are hungry?

Ans. When we are hungry we feel like eating something.

6. Why was Dadi not able to climb the stairs quickly?

Ans. Dadi was not able to climb the stairs quickly due to her old age.

7. How does Dadi like to have her dal?

Ans. Dadi likes to have sugar in her dal.

8. How many persons in the story can eat bhutta easily and why?

Ans. In the story mother, mami, and Vipul can eat bhutta. Mother, mami and Vipul are young and have strong teeth.

9. Can all old people eat bhutta? Why?

Ans. No, all old people cannot eat bhutta as they do not have healthy teeth.

10. For four months Chhutki will have only her mother's milk. That is only her food. Why?

Ans. Four months Chhutki will have only her mother's milk because she has no teeth.

11. Ask your elders and fill in the table.

Ans.

	What can they eat	What can they not eat
Child	Milk, pulses, porridge	Chappati, hard fruits, nuts
Young	Chappati, vegetables, nuts, fruits	They can eat everything
Old	Chappati, soaked in dal, rice	Hard fruits, dry fruits

12. Find out where each of these things is eaten more.

Ans. Rice- Himachal Pradesh, Bihar, Bengal, Andhra Pradesh, Kerela etc.

Wheat – Punjab, Uttar Pradesh, Delhi, Madhya Pradesh

Maize – Uttar Pradesh, Punjab, Rajasthan, Maharashtra.

Millets – Rajasthan, Uttar Pradesh, Punjab

13. Name of some things are given below. Put on the things that can be eaten. If there is anything about which you are not sure ask your teacher.

Ans. Banana flowers, Hen's eggs, Cauliflower, Drumstick flowers, Leaves of Arvi, Meat, Mushroom, Kalonji, Lotus stem, Fish, Frogs, Leftover chapatti, Amla, Coconut oil, Camel's milk, Chappati made of Bajra and Chappati made of Gram.