

Class - III EVS - September Month Notes**10. Sources of Food****I. Know These Terms:**

1. Ailment - A minor illness
2. Antiseptic - Something that can prevent infection
3. Soothes - Reduces pain or discomfort
4. Culture - The ideas, customs, and social behaviour of a particular society
5. Bland - Mild to taste with little or no spices

II . Answer the following Questions:**1. Give three examples to show that people have different food habits.**

People living at different places have different habits. Examples are listed below.

- People staying on coastal areas eat a lot of seafood like fish, prawns and lobsters because it is easily available there.
- People living in South India eat idli, dosa, upma with sambhar.
- People living in Punjab relish makke ki roti, sarso ka saag, lassi and dal.

2. Who are non-vegetarians? How are they different from vegetarians?

People who eat meat and eggs along with fruits, vegetables and milk products are called non-vegetarians whereas the people who eat only fruits, vegetables and milk products are called vegetarians.

3. What are spices? Why do we use them?

Spices are parts of some plants which are used in cooking to add flavour, aroma and colour to food. Pepper, clove and turmeric are some examples of spices.