

# WELCOME TO ONLINE CLASS

**SESSION : 4**

**CLASS : III**

**SUBJECT- SOCIAL SCIENCE**

**CHAPTER NUMBER: 06**

**CHAPTER NAME :THE FOOD WE EAT**

**SUBTOPIC :SPICES AND SWEETS**

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**CHANGING YOUR TOMORROW**

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# LEARNING OBJECTIVE :

**TO ENABLE THE CHILDREN TO KNOW ABOUT SPICES  
OF INDIA**

# Name the Picture



Coconut

# Name the Picture



**Apricot**

# Name the Picture



**Wheat**

# Name the Picture



## PULSES

# INDIAN SPICES

- Indian food has become popular worldwide.
- This is mainly because of the special spices we use in our food. Some of the common spices are chillies, cloves (laung), turmeric (haldi), pepper(kalimirch), cardamom (elaichi), coriander (dhania).
- The spices add flavour, colour and taste to our food.
- The warm and wet climate of the country is favourable for growing spices.
- Spices are grown mainly in the states of Kerala and Karnataka.
- Cardamom, cloves, cinnamon, turmeric and black pepper are some important Indian spices.

# INDIAN SPICES



cinnamon,



cloves,



Cardamom,



turmeric



black pepper



dhania,



# SWEETS

- Indian sweets are famous too.
- Rasgullas, Laddo, barfi's, gulab jamuns, Mysore Pak are some popular Indian sweets.

You must have eaten and enjoyed sweets in weddings and festivals.



# Answer the Following

1. Why do people of northern and north-western India eat more roti than rice?

Ans. The people of northern and north-western India eat roti made of wheat, jowar and bajra more than they eat rice because wheat, jowar and bajra are grown more.

2. Which items make up the staple Indian diet?

Ans. Rice, wheat, pulses and vegetables are the items that make up the staple Indian diet.

3. In which parts of India is fish commonly eaten?

Ans. Fish is commonly eaten in the coastal regions of India

# Home Assignment

- Make a list of spices in your project record.

# LEARNING OUTCOME :

**Students will be know about the fruits of India**

**THANKING YOU**  
**ODM EDUCATIONAL GROUP**