WELCOME TO ONLINE CLASS

SESSION : 2
CLASS : III
SUBJECT- SOCIAL SCIENCE
CHAPTER NUMBER: 06
CHAPTER NAME :THE FOOD WE EAT
SUBTOPIC :PULSES, FRUITS AND VEGETABLES

LEARNING OBJECTIVE :

TO ENABLE THE CHILDREN TO KNOW ABOUT PULSES AND FRUITS

Word meanings

Soil- the upper layer of the Earth where plant grows

Climate- weather conditions of a place as seen over several years

Diet- the food that we eat

Nutritious- that which is good for health gives us energy and helps us grow

Wholesale market- A market where goods are received in large quantities directly from the people who produce them

Staple- main

Pulses- dried seeds of food plants such as beans or peas that are used as food.

Grain- the small hard seeds of plants such as rice and wheat

Diversity- different

Region- An area that is different from surrounding area.

THE PULSES WE EAT

- **Pulses eaten many parts of India and called in different names .**

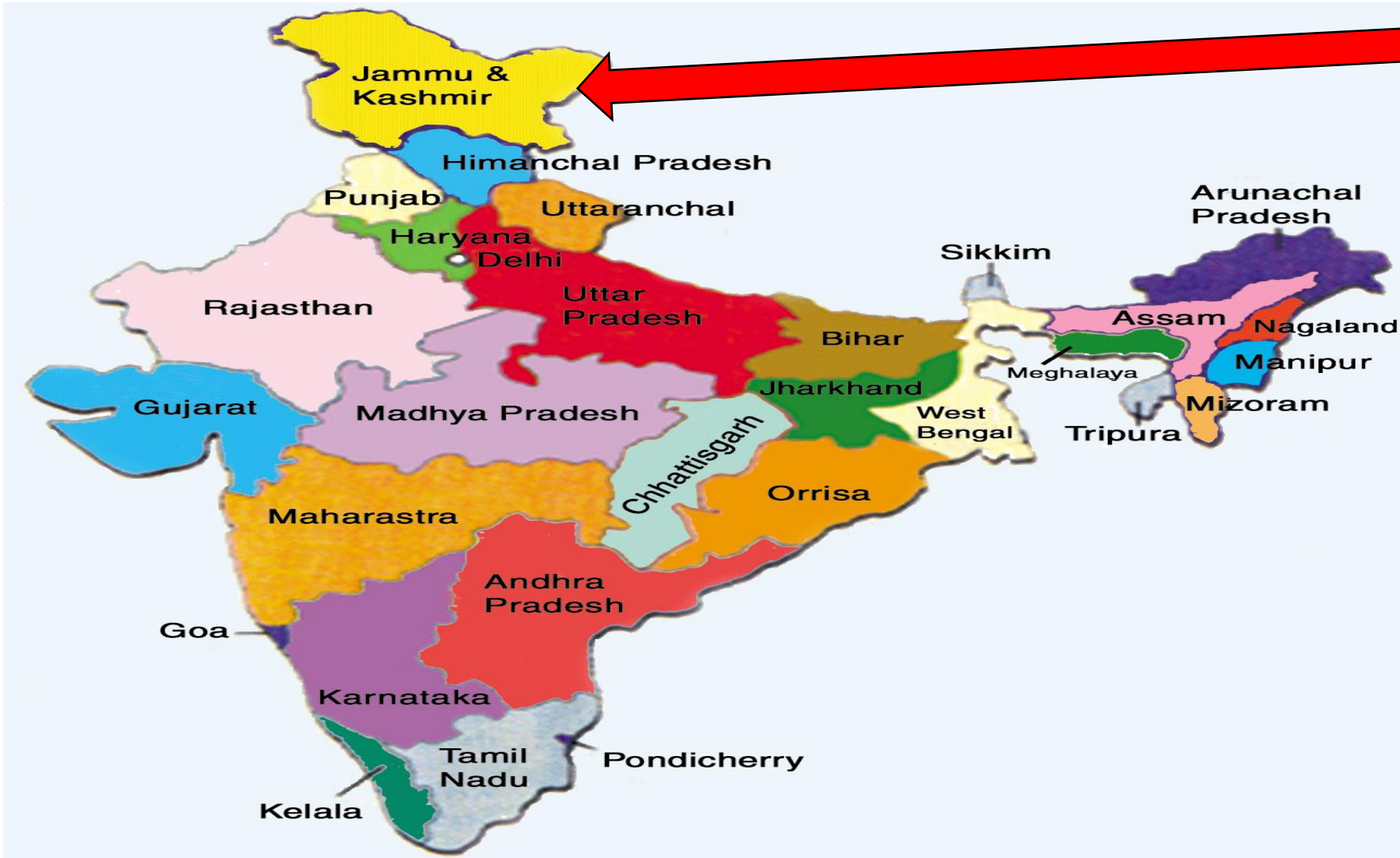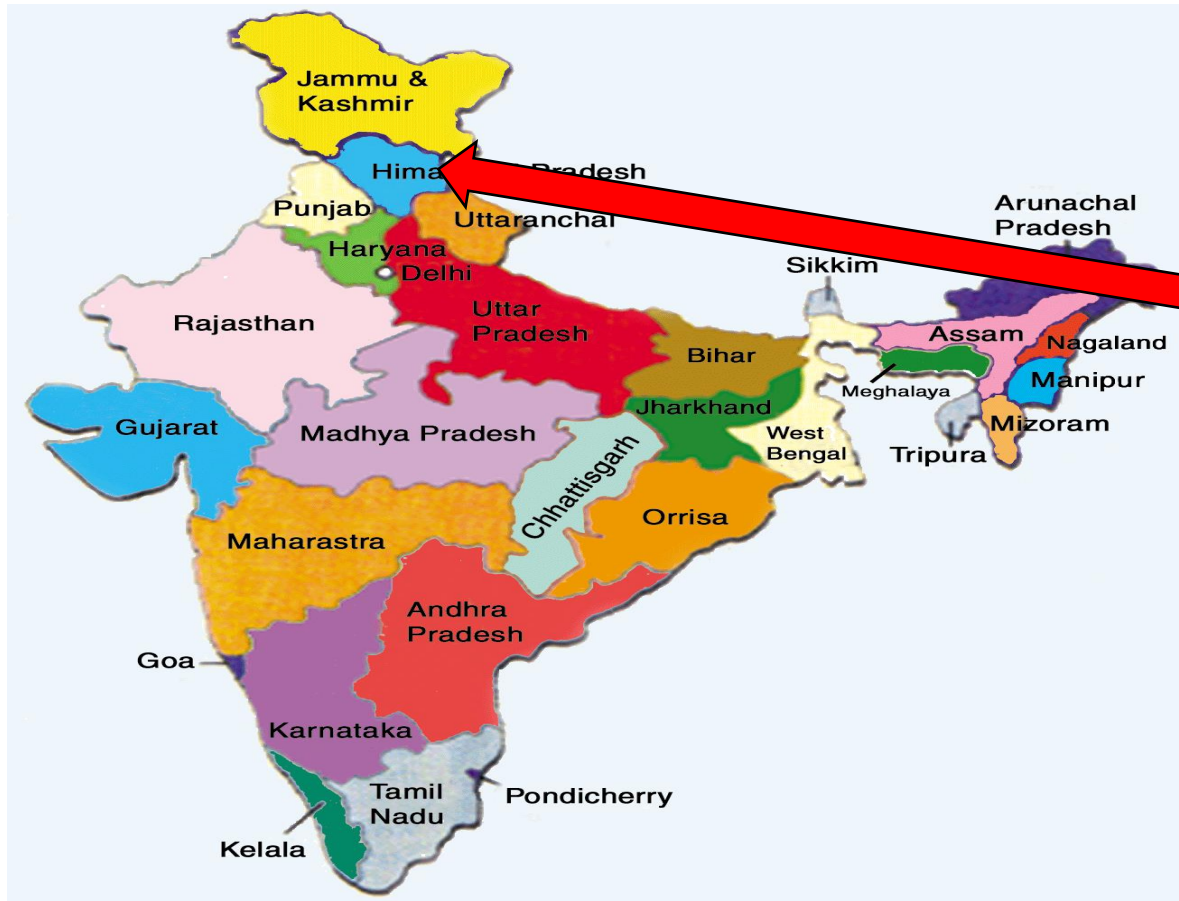- **Toor, moong, masoor , chickpeas, Chana and rajma are pulses.**

chickpeas

Yellow Moong Dal | Yellow Chana Dal | Red Lentils (Masoor) | Half Moong Khichdi
Urad Akha Dal | Urad Dal | Red Beans | Kabuli Chana
Green Moong | Toor Dal | Soya Beans | Moth Beans

FRUITS WE EAT

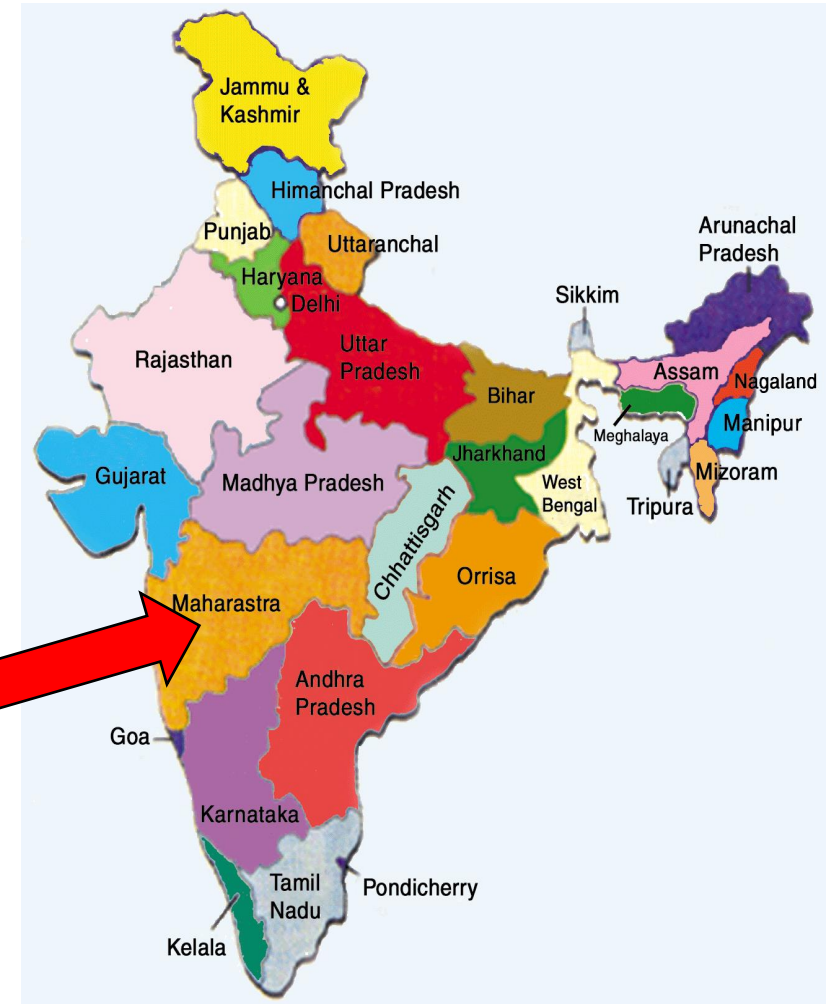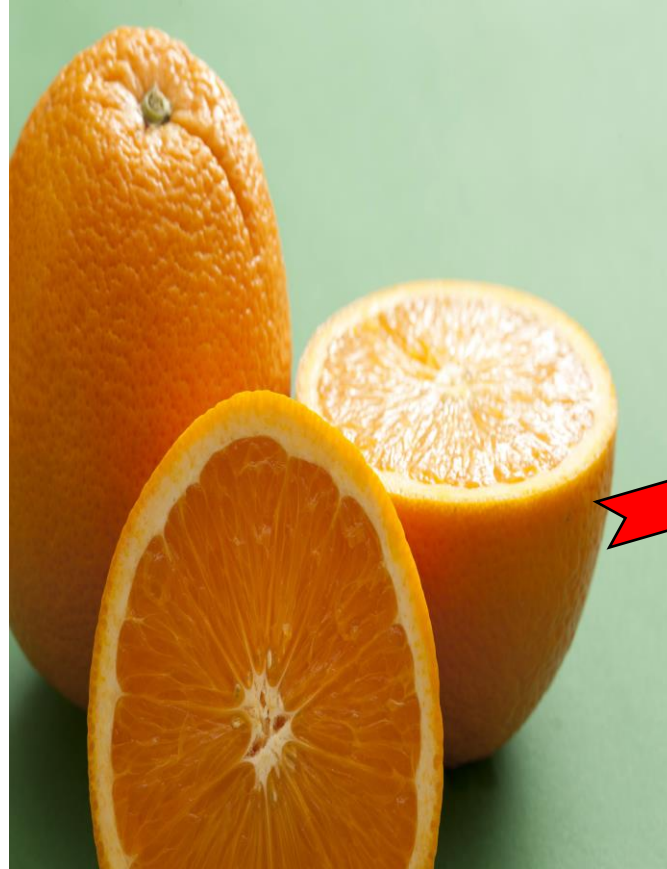**Kashmir famous for apple, cherries and strawberries.**

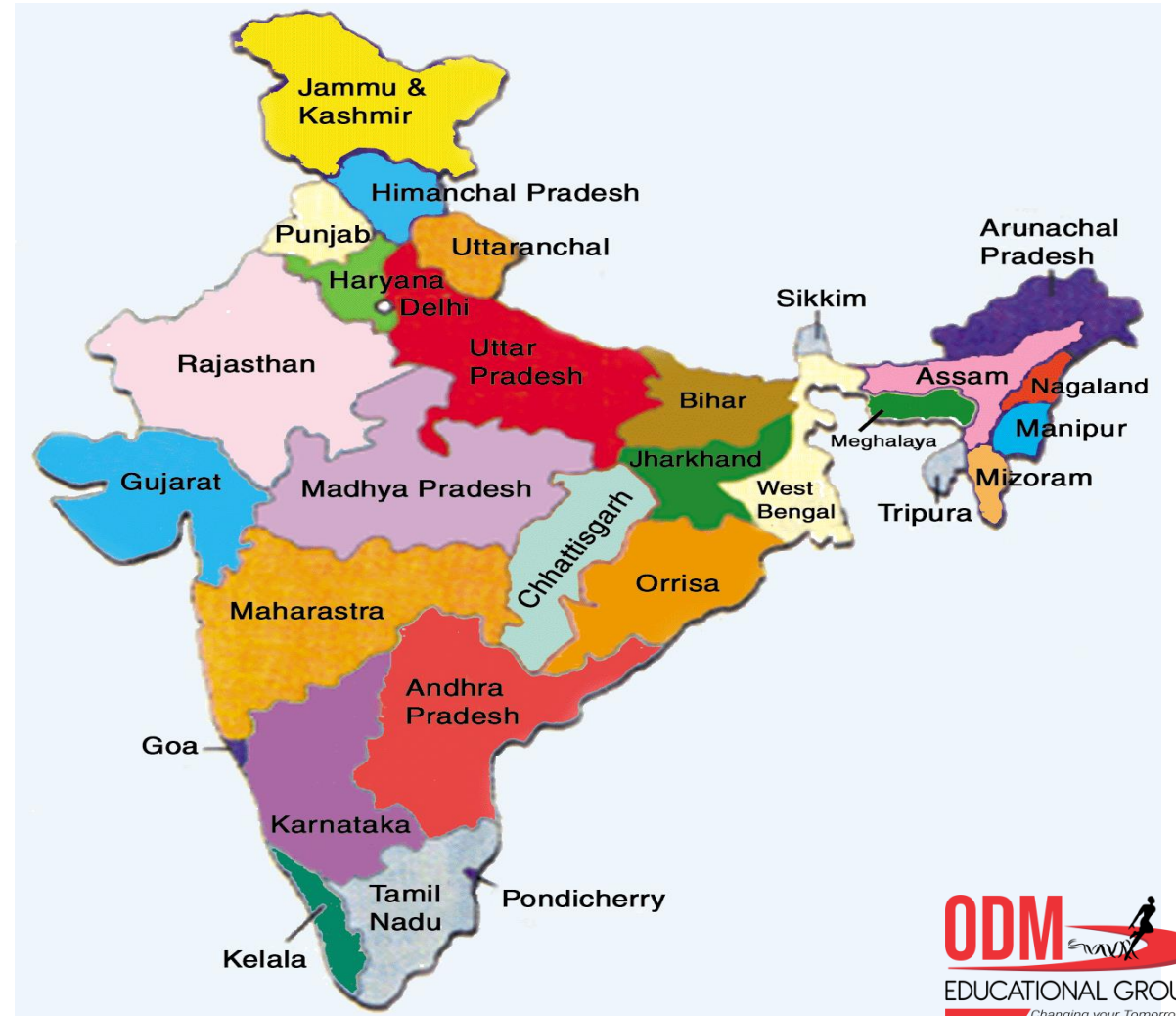# Himachal Pradesh famous for its apple.

Ladakh is famous for apricots.

FRUITS WE EAT

- Nagpur in Maharashtra is famous for its oranges.
- Ratnagiri in Maharashtra famous for Alphonso mangoes.
- Dushehri mangoes comes from Uttar Pradesh
- Mango is called the " king of fruits"

The Pineapples grown in Assam, Goa and Kerala.

- Kerala and Tamil Nadu coastal state produces large quantities of coconut.
- Coconut grows more near the sea.

Match the following

	A		B
1.	Jowar		a. Punjab
2.	Wheat		b. Strawberries
3.	Rice		c. Ratnagiri
4.	Kashmir		d. Uttar Pradesh
5.	Apple		e. Rajasthan
6.	Alphonso		f. West Bengal
7.	Dushehri		g. Tamil Nadu
8.	Coconut		h. Kerala
9.	Pineapple		i. Himachal Pradesh
10.	Apricot		j. Ladakh

Home Assignment

- Write and paste some pulses in your project record.

LEARNING OUTCOME :

Students will be know about the fruits of India

THANKING YOU
ODM EDUCATIONAL GROUP