

# 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**

---

**CHANGING YOUR TOMORROW**

---

# LEARNING OBJECTIVE :

**To enable the learner to:**

- the pulses eaten in different regions
- know about the fruits and vegetables grown in our country

# Word to remember

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.

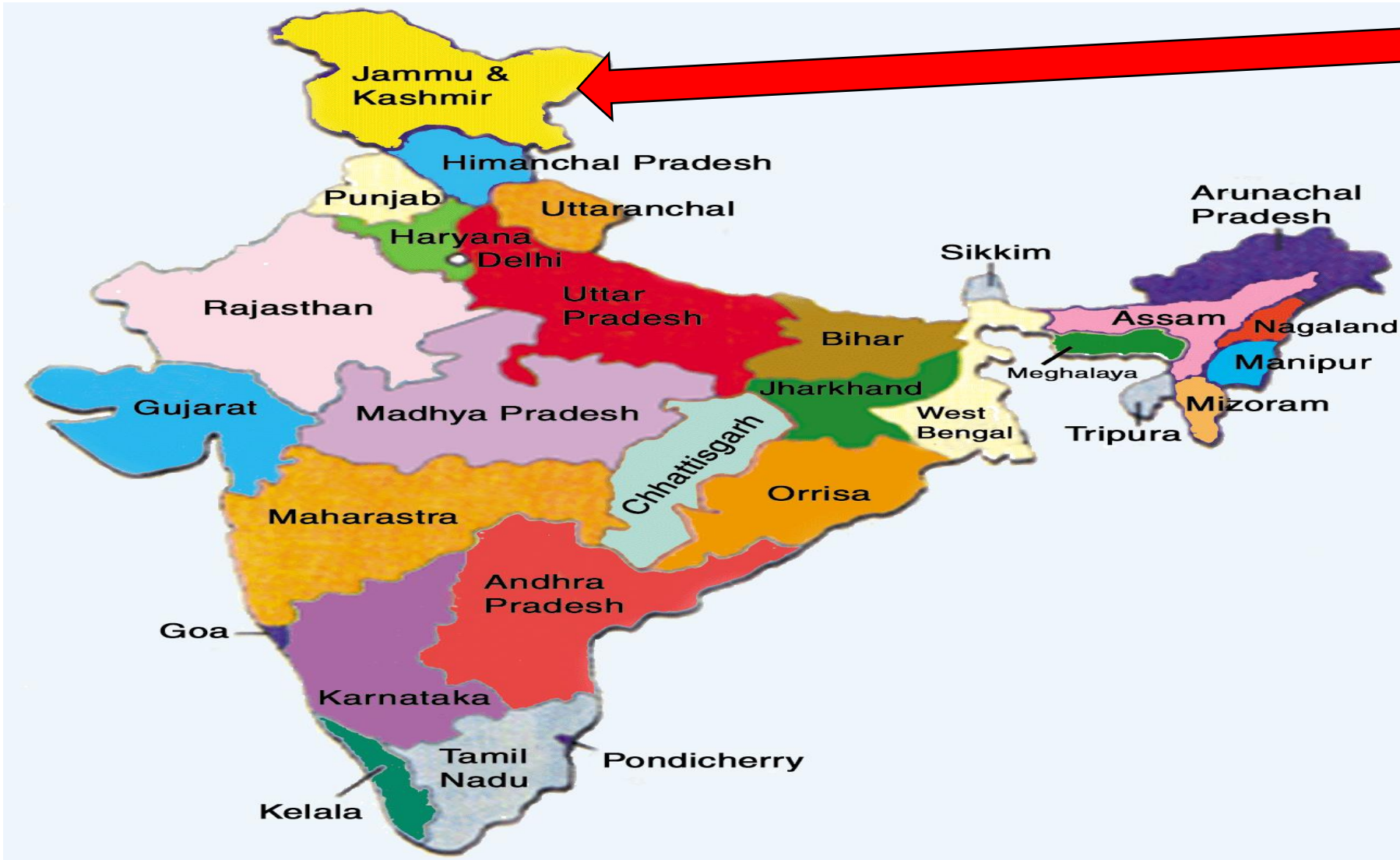


**chickpeas**

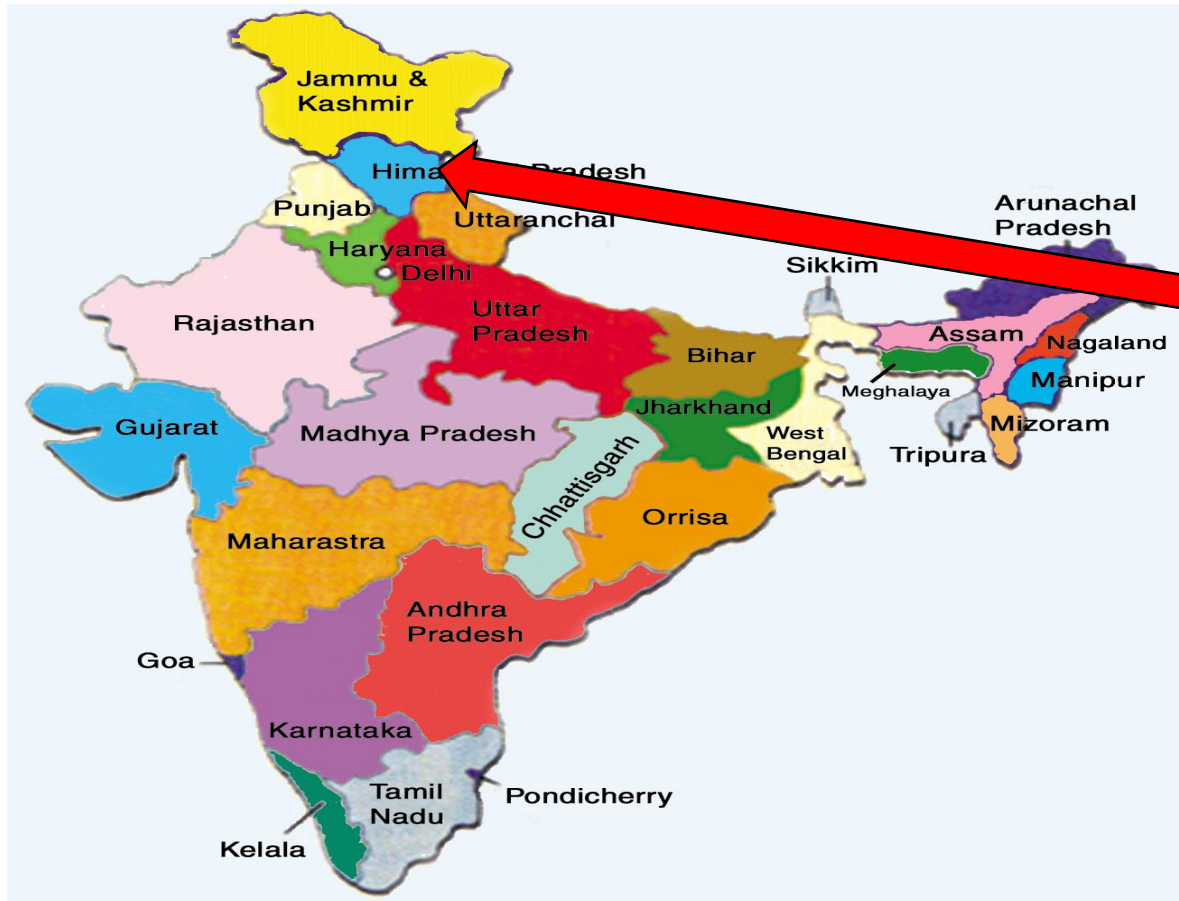


# FRUITS WE EAT

Kashmir famous for apple, cherries and strawberries.



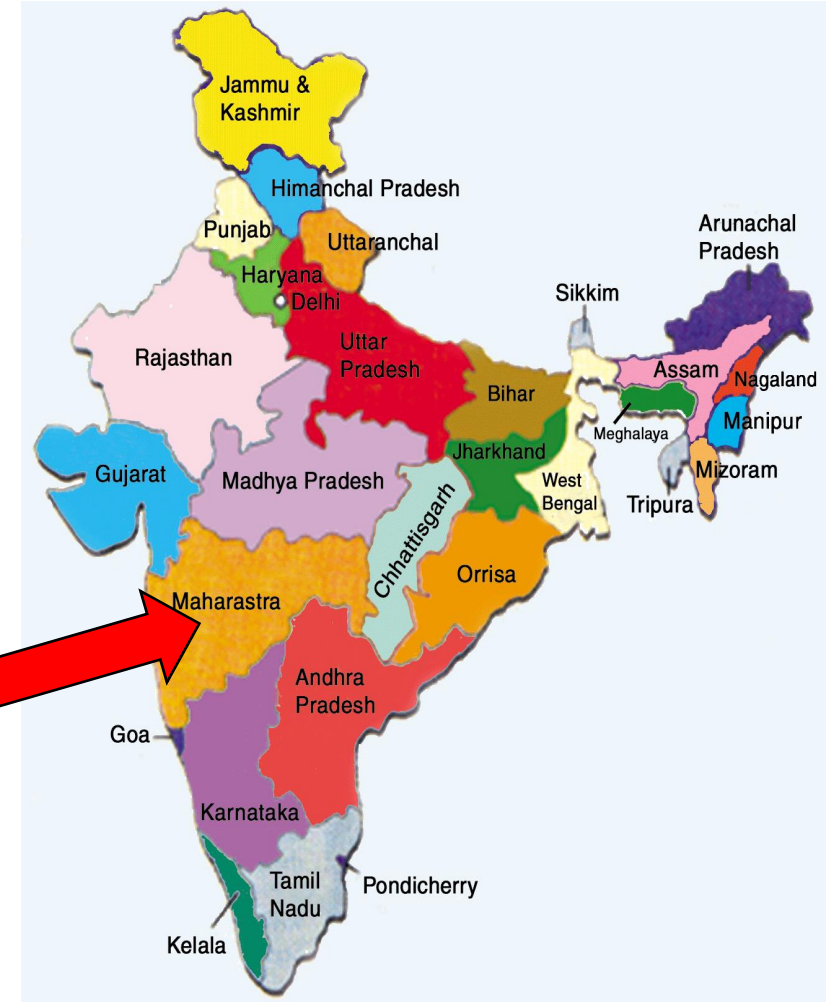
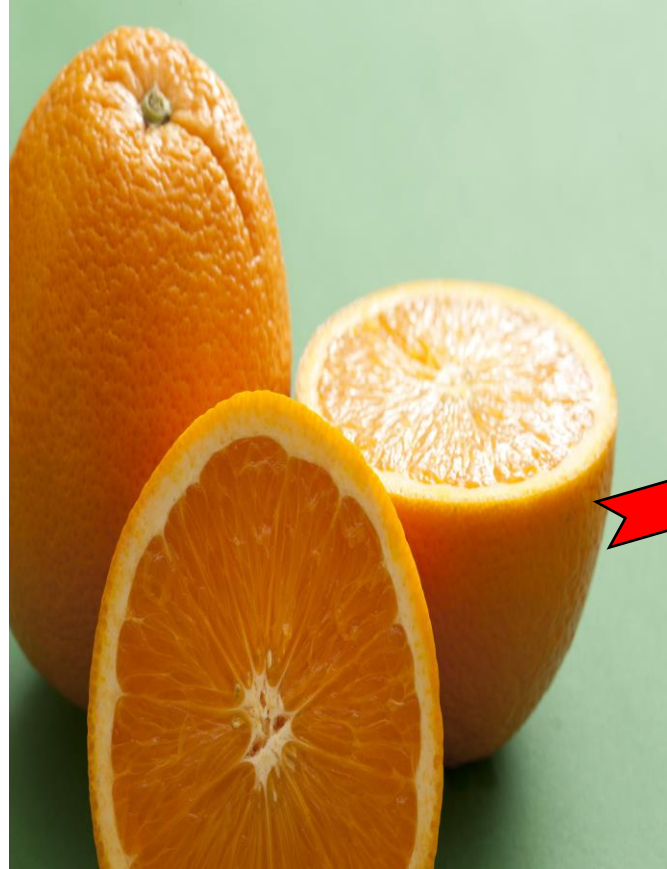
# Himachal Pradesh famous for its apple.



**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.



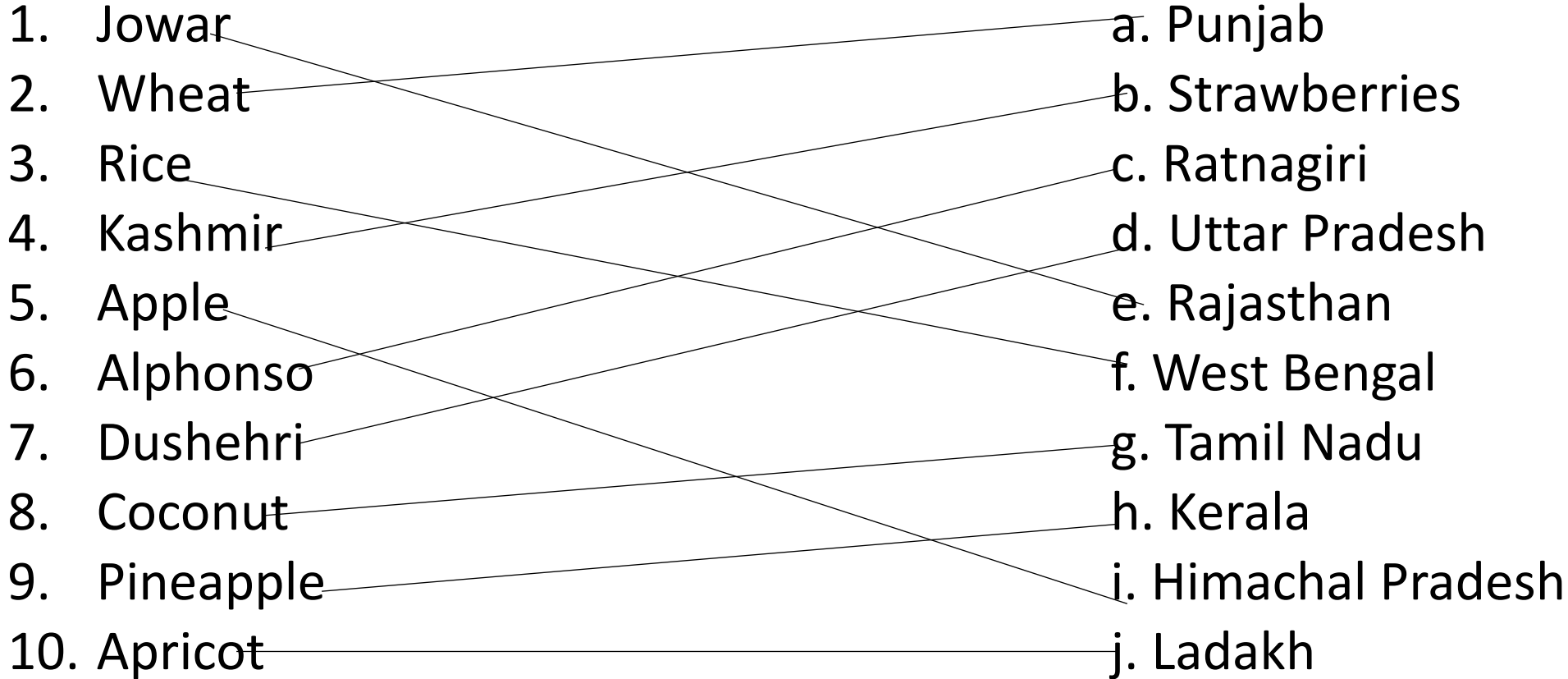
# Match the following

A

1. Jowar
2. Wheat
3. Rice
4. Kashmir
5. Apple
6. Alphonso
7. Dushehri
8. Coconut
9. Pineapple
10. Apricot

B

- a. Punjab
- b. Strawberries
- c. Ratnagiri
- d. Uttar Pradesh
- e. Rajasthan
- f. West Bengal
- g. Tamil Nadu
- h. Kerala
- i. Himachal Pradesh
- j. Ladakh



# Home Assignment

- Write and paste some pulses in your project record.

# LEARNING OUTCOME :

## Learner will be able to know :

- the pulses eaten in different regions
- know about the fruits and vegetables grown in our country

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