

L-5 FoodQuestion - Answer

Q.1 What is a crop ?

Ans1. A crop is any plant that we grow for food or other needs. For example, cotton is a crop that we grow to make clothes.

Q.2 What is a dairy ?

Ans2. A dairy is a place where milk is collected from farmers, purified and sold.

Q.3 What are the three types of food that your body needs ?

Ans3. The three types of food that our body needs are —

(a) food that gives energy eg. cereals potatoes etc.



- (b) food that help us to grow example pulses, eggs, meat etc.
- (c) food that protects us from illness, eg. vegetables and fruits.

Q.4 Why is it not good to have too much oil and butter ?

Ans4. It is not good to have too much oil and butter because,

- (a) our body uses only as much as it needs to and stores up the rest as fat.
- (b) butter, oil, nuts and fried food make our stomach and intestine work extra hard.
- (c) if we have too much of these, we may get indigestion.

Q. 5. How is sugar made ?

Ans 5 The stem of sugar cane plants are crushed to take out the juice in a sugar mill. Then the juice is boiled to make it thick. When the thick juice is churned round and round in a machine, crystals of sugar separate out from it.