



জগদীশ্বর দেব নন্দন (সংস্কৃত)

**DEPARTMENT OF EDUCATION (S)**

Government of Manipur

CLASS III: EVS

CHAPTER -10

EATING IN THE FAMILY

***Key Notes:***

- All family members eat food together but in certain communities or families gents eat first and females eat later.
- Different family members eat different food according to their age and conditions.
- A balanced diet is a type of meal where all types of food are taken in right amount.
- Milk is said to be a complete food.

***Textual Questions:***

1. Do all the people in your family eat together?

Ans: Yes/No – (*Write according to your family*)

2. If not, why.

Ans: Because (*Write your reason*)

3. Who eats more?

Ans: (*Write the one who eats more in your family*)

4. Do all members of the family eat the same food in your family?

Ans: Yes/No (*Write your own answer*)

5. Who buys the food and what is bought from the market?

Ans: Our parents (Father/Mother) buy the food, etc. from the market.

6. What do babies have for food?

Ans: Babies have milk for food.

7. When do babies have for food?

Ans: Babies start eating after 6 months.

8. What do babies eat other than milk?

Ans: Babies eat rice, cereals, fruits, dals etc. other than milk.

9. Fill in the table given below:

	What they can eat	What they cannot eat
Child	Milk, fruits, cereals	Hard to digest food spicy food etc.
Young	All types of balanced diets	Harmful foods.
Old	Simple normal food not too spicy and hard to digest	Very spicy and Hard to digest foods.

