

Seeds We Eat

A. Choose the Correct Answer:

1. Which of the following is an example of a seed we eat?

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| a) Apple | b) Rice |
| c) Carrot | d) Potato |

2. What type of seed is used to make flour?

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|-------------------|-----------------|
| a) Sunflower seed | b) Wheat seed |
| c) Mango seed | d) Coconut seed |

3. Which of these seeds is often used to make cooking oil?

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|-----------------|-------------------|
| a) Pumpkin seed | b) Sunflower seed |
| c) Grape seed | d) Lemon seed |

B. Fill in the Blanks:

1. The seed used to make bread is called _____.
2. We get cooking oil from _____ seeds.
3. Green gram and chickpeas are examples of _____ seeds.

C. Case Study:

A farmer named Raju grows different types of seeds on his farm. He plants:

- Wheat seeds to sell flour in the market.
- Mustard seeds to make oil.
- Pulses seeds to sell to shops.

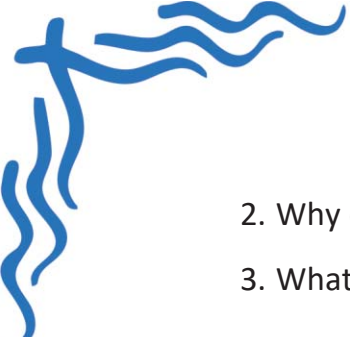
After harvesting, Raju notices that wheat seeds are in high demand, while mustard seeds are used by most people for cooking.

Case Study Questions:

1. What seeds does Raju use to make oil?
2. Which seeds are in high demand?
3. Why are mustard seeds useful in cooking?
4. Name one seed Raju sells to shops.

D. Short Answer Questions:

1. Name two seeds we eat every day.

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2. Why do farmers grow different types of seeds?
 3. What do we make from wheat seeds?

E. Long Answer Questions:

1. Explain why seeds are important in our daily diet.
 2. Describe how farmers grow and harvest seeds.
 3. List three seeds we eat and explain how they are used in food preparation.
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