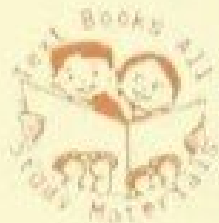


**STD V**

**Social Science**



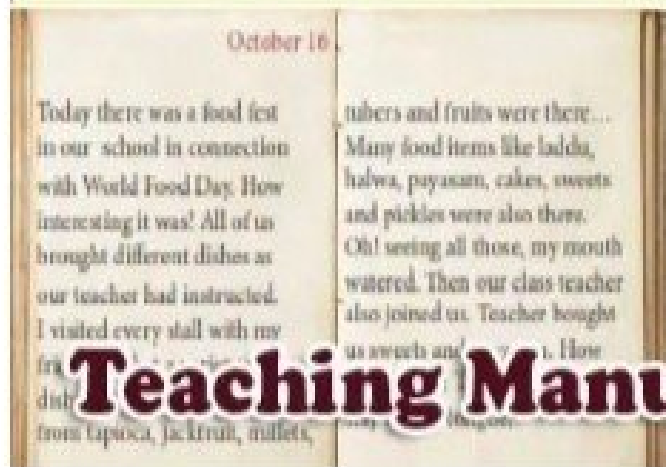
**2**

**Food and Human**

**Questions &  
Answers**

**Teaching Manual**

**Teachers Handbook**



◆ Have you read the diary entry of a student named Sibi. What are the food items mentioned in the diary entry?

- laddu
- halwa
- payasam
- cakes
- sweets
- pickles

## ◆ World Food Day

October 16



◆ The pictures given above indicate the different methods of obtaining food by the early humans. What details do you understand from these pictures about the obtaining of food of early humans? (Textbook Page No: 28)

- They gathered food.
- Hunted animals for food
- Engaged in Fishing
- Stones and sticks were used as weapons
- They hunted in groups
- They shared the food they gathered

◆ **What might be the food items they had obtained through hunting and gathering?**

- Fruits and vegetables
- Roots and tubers
- Fishes
- Edible leaves
- Animal flesh

◆ **For what purposes did ancient man use fire?**

- To cook food
- To protect from animal attacks
- To light up the [caves](#)
- To get protection from cold

◆ **What were the possible conditions that forced early humans find other ways to obtain food?**

- Scarcity of food.
- Rise in population
- Environmental changes
- Lack of food storage facility
- Climate change
- Wildfire
- Natural disasters

◆ **What were the changes brought about in human life following the domestication of animals and plants?**

- Domestication of animals and plants allowed people to produce more food
- They could stay in one place and build permanent homes.
- Domestication of animals helped farming work easier.
- Settling in one place led to the development of villages and towns.



### ◆ **How did they rear plants?**

- The edible plants, roots and saplings were selected, planted and cultivated.
- In the early days wheat, barley, little millet and tubers were cultivated.
- Humans started agriculture mainly on river banks where the essential water and fertile soil were available.

### ◆ **What advantages might they have had by settling near the agricultural sites?**

- They could protect the agricultural sites.
- There was no need to wander around in search of food
- Availability of food items increased
- Got more time to rest.
- Tamed animals
- Started social life

### ◆ **How might river banks have helped early humans to settle? Discuss.**

- favourable conditions for agriculture.
- Availability of water
- Fertile soil
- Favourable climate
- Animals were tamed and reared
- Plenty of food
- Transportation
- Protection from enemies

### ◆ **What would Early Humans have used to store excess food?**

- Pottery
- Bags made of animal skin
- Baskets made of bamboo reed
- Wooden vessels
- Underground pit
- Animal shell
- Clay pot





◆ **What kind of vessels are used in your home for cooking and storing food?**

- Earthen vessels
- Clay vessels
- Aluminium
- Steel
- Glass
- Copper
- Bronze

◆ **Did early humans simply store excess food items for later use only?**

The excess food was not only stored for later use but also exchanged with those in need.

◆ **How could such exchanges have taken place?**

In order to get what they needed, each one exchanged the goods they had stored, with others.

◆ **What is Barter System?**

Before the introduction of the system of coinage, there was a practice of exchanging goods with each other. This method of exchange is known as the 'Barter System'.

◆ **Complete the flow chart which indicates the formation of urban centres.**

- Exchange of goods



- Trade



- Markets



- Trading centres



- Urban centres

---

◆ Identify the spices in the picture and write a short note on them.



## Pepper

- Known as the king of spices.
- Pepper is native to South India.
- Peppers are rich in protein, carbohydrates, fats, vitamins and minerals.
- The hotness of pepper is due to the presence of pepperin.
- Pepper is used to add flavour and aroma to food and medicinally.
- Pepper is the number one spice in the international market.

## Cinnamon

- Cinnamon is a spice that comes from the bark of trees.
- It's used to make food taste and delicious
- Kerala has the oldest plantation of cinnamon trees in the world.
- This ancient cinnamon plantation is located at Ancharakandi in Kannur district.

## Cardamom

- Cardamom is known as the queen of spices.
- Cardamom is a special spice that makes many foods and drinks taste wonderful.
- It has a magical smell and flavour.
- Widely cultivated in Kerala and Assam.
- Cardamom is native to Indonesia and the Indian

## **Nutmeg**

- Nutmeg is a spice full of medicinal properties.
- Nutmeg tree grows abundantly in Karnataka and the areas along the Western Ghats of Kerala.
- There are historical records that the Arabs bought nutmeg from India in large quantities during the medieval period
- Nutmeg is used for flavouring food and in the manufacture of perfumes and medicines.

## **Cloves**

- Clove is the second most important spice in the international market.
- Cloves are grown mainly in Kerala and Tamil Nadu.
- The Chinese were the first to use cloves as a spice.
- Clove flower buds are dried and used as a spice.
- Cloves contain protein, iron, fat, starch, calcium and phosphorus.

## **Ginger**

- Ginger is used as medicine and spice.
- Ginger is believed to be native to India or Malaysia.
- Ginger is cultivated mainly in Asia.
- More than half of the ginger produced in India is grown in Kerala.

◆ Which spice is known as '**Black Gold**'?  
Black pepper

◆ Find out the spices that are cultivated in your region.

1. Black Pepper
2. Cardamom
3. Cinnamon
4. Cloves
5. Nutmeg
6. Turmeric
7. Ginger
8. Vanilla
9. Tamarind
10. Allspice
11. Bay Leaf

[rebilyas1383@gmail.com](mailto:rebilyas1383@gmail.com)