

NCERT Solutions Class 6 English (Poorvi)

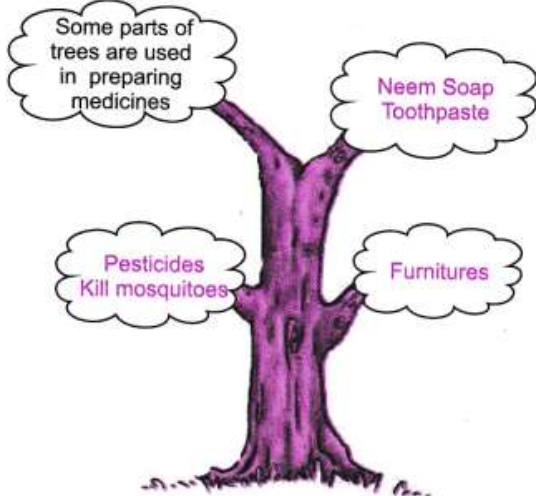
Unit 3: Chapter 7 Neem Baba

Let us do these activities before we read. (Page 75)

Question 1. A tree is useful to us in many ways. Mention some of these uses. Write them in the picture given below.



Answer:



Question 2. Neem is a common tree in our country. Discuss in groups of four and fill Columns A and B with what you know about the neem tree and what you want to know.

Column A What do you know?	Column B What do you want to know?
•	•
•	•
•	•
•	•

Answer:

Column A What do you know?	Column B What do you want to know?
Indian tree	Height
Bitter taste	How Large are their leaves
Fruits sweet	Why not use as vegetables
Medicine	More use in agriculture

Let us discuss (Page 77)

Amber found many facts about the neem tree from Neem Baba. Fill up the fact sheet based on what Neem Baba told her.

LET US KNOW OUR NEEM		
Common name:		Given by:
Period of birth:		
Born at:		
Found in:		
Common names:		
Names given by scientists:	1.	2.
Names given by others:	1.	2.

Answer: 1. Indian tree

2. Leaves are used to protect clothes from termites. It lives for a long.

LET US KNOW OUR NEEM		
Common name:	Neem	Given by: Iranians

Period of birth:	Millions of Years Ago	
Born at:	North India Myanmar	
Found in:	Asian, African Countries, and Parts of America	
Common names:	Nimba, Nimbaca, Nimb, Nim, Leemba, Nimori, Nimo, Nimbe, Nimbamond	
Names given by scientists:	1. 'Bitter grace of God' 2. 'Nature's gift to man, 'Cleanliness Parting tree'	2. Scientists
Names given by others:	1. Magic tree 2. The tree of the twentieth century	2. Common People

Let us discuss (Page 80)

Question 1. How is neem useful to farmers?

Answer: Neem is useful to farmers as the seeds of the neem tree are powdered and mixed with water and sprayed on the crops, to drive away the termites, insects, and locusts. It also helps in controlling breeding of the mosquitoes.



Question 2. Mention some of the uses of the neem tree.

Answer: Neem tree furniture cannot be attacked by termites. Clothes and grains in storage are safe with neem leaves. It purifies the air. People clean teeth with twigs of Neem tree. All its parts are used to make medicines. Leaves also protect the stored grains.

Let us think and reflect (Page 81)

Question 1. You just read about the Neem tree. Write any two facts that surprised you the most.

Answer: All parts of the tree are of medicinal value and furniture made of Neem wood cannot be attacked by termites.

Question 2. Complete the following sentences.

(a) The old man asked Amber to call him Neem Baba because _____.

Answer: The old man asked Amber to call him Neem Baba because he was very old.

(b) Neem seed powder protects crops from _____.

Answer: Neem seed powder protects crops from termites, mosquitoes, insects and locusts.

(c) _____ is a cost-effective method to stop mosquitoes from breeding in stagnant water.

Answer: Powdered, neem seeds mixed with water spray is a cost-effective method to stop mosquitoes from breeding in stagnant water.

(d) One reason why doctors advise us to use neem leaves for someone suffering from measles is _____.

Answer: One reason why doctors advise us to use neem leaves for someone suffering from measles is to kill germs and stop it from breeding and give comfort to the patient.

Question 3. Why can Neem Baba not remember the year when he was born?

Answer: Neem Baba does not remember his age as millions of years have passed since he was born.

Question 4. Which parts of the neem tree are used to make medicines?

Answer: All parts of the neem tree are used for making medicine.

Let us learn (Page 81)

Question 1. Study these words from the text.

- something
- neem oil
- cleanliness-parting
- well known

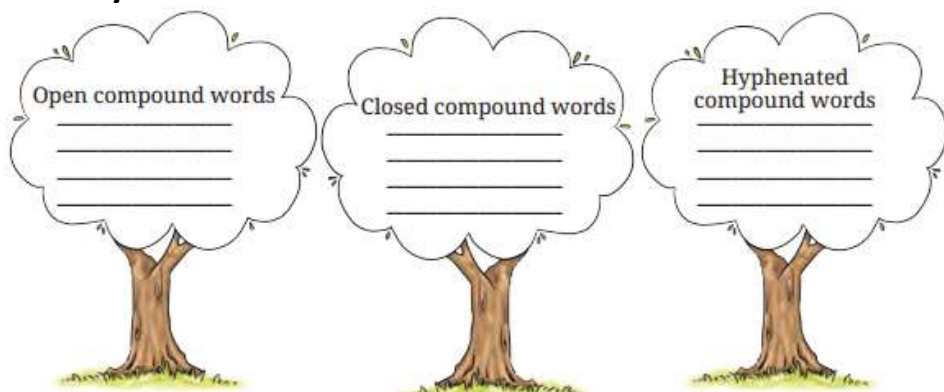


- grandmother
- seed powder
- childhood
- well trained
- thought-provoking

Put the compound words given above in their trees. These words are known as compound words. There are three types of compound words, based on how the words are separated.

- Open compound words: spaces between the words.
- Closed compound words: no spaces between the words.
- Hyphenated compound words: hyphens between the words.

You may add some more words:



Answer:



Question 2. Words that tell us what a person is doing are called verbs. In the table given below, match the verbs in the first column showing action in the present to verbs in the second column showing action in the past. Make a sentence with any one form of the verb. One has been done for you.

Present	Past	Answer	Sentence
1. become	a. made	1. d.	I want to become a teacher when I grow up.
2. find	b. gave		
3. make	c. told		
4. discover	d. became		
5. tell	e. found		
6. give	f. discovered		

Answer:

Present	Past	Answer	Sentence
1. become	a. made	1. d	I want to become a teacher when I grow up.
2. find	b. gave	2. e	I can find my way home.
3. make	c. told	3. a	Make a doll for me.
4. discover	d. became	4. f	I can discover the way home.
5. tell	e. found	5. c	Don't tell lies.
6. give	f. discovered	6. b	Give me my book.

Question 3. Neem Baba speaks to Amber as if he is a person. This type of speech is called personification. Let us look at some more examples.

- The leaves whispered in the wind.
- The flowers danced merrily in the breeze.

Now, discuss it with your classmates and teacher.

Answer: Personification is a literary device where human characteristics are attributed to non-human entities. It helps create vivid imagery and emotional connections in writing. Let's look at the examples provided:



The leaves whispered in the wind.

Here, the leaves are given the human action of whispering, which creates an image of gentle movement and a soft, rustling sound as the wind passes through them.

The flowers danced merrily in the breeze.

In this example, the flowers are described as dancing, which conveys the idea of them swaying joyfully with the gentle breeze, adding a sense of liveliness and cheerfulness to the scene.

Discussion:

Personification can make descriptions more engaging and relatable by giving life to inanimate objects or abstract concepts. It allows readers to visualize scenes more vividly and feel a stronger emotional connection to the elements of the story. When Neem Baba speaks to Amber as if he is a person, it not only makes the interaction more engaging but also imbues the neem tree with wisdom and personality, making the information shared more memorable and impactful. Personification is a powerful tool in storytelling and poetry, helping to create rich, imaginative experiences for readers.

Let us listen (Page 83)

Peepal Baba

Rahul: Maa, have you heard about Peepal Baba? Our teacher told us about him today.

Mother: I have not heard about him. Who is he and what does he do?

Rahul: He plants trees along with his team. He also started a movement to plant and save trees.

Mother: That's wonderful. Where did he get this idea from?

Rahul: When he was studying in a school in Pune, his English teacher gave him the idea to plant trees. He was just 11 years old.

Mother: How did he plant so many trees all over the country as a child?

Rahul: He was born to an army officer's family in Chandigarh and whenever they were moved to a new city, he planted more trees.

Mother: But how did he come to be known as Peepal Baba?

Rahul: He used to plant Peepal and Neem trees as they have many uses for us and told others to do so. So, in the beginning, people made fun of him by calling him Peepal Baba but he was not bothered and continued to do his work. Now everyone calls him by that name lovingly.

Mother: He is doing great work. We should learn from him and plant more trees.

Rahul: Yes, Maa. We must tell others to do the same.

You will listen to the audio or narration once again. As you listen, check your answers. You will now listen to a boy speaking to his mother. As you listen, select the correct statements.

(a) The mother was surprised to know that Peepal Baba had planted trees all over the



country.

- (b) The mother disliked the work being done by Peepal Baba.
- (c) The mother wanted to know more about Peepal Baba.
- (d) The boy decided to take care of trees by listening to Peepal Baba's journey.
- (e) The boy was worried about what his teacher had told him.

Answer: The following statements are the correct statements:

- (a) The mother was surprised to know that Peepal Baba had planted trees all over the country.
 - (c) The mother wanted to know more about Peepal Baba.
 - (d) The boy decided to take care of trees by listening to Peepal Baba's journey.
- These statements reflect the positive and curious attitude of both the mother and the boy towards Peepal Baba's work and their interest in learning more about it.

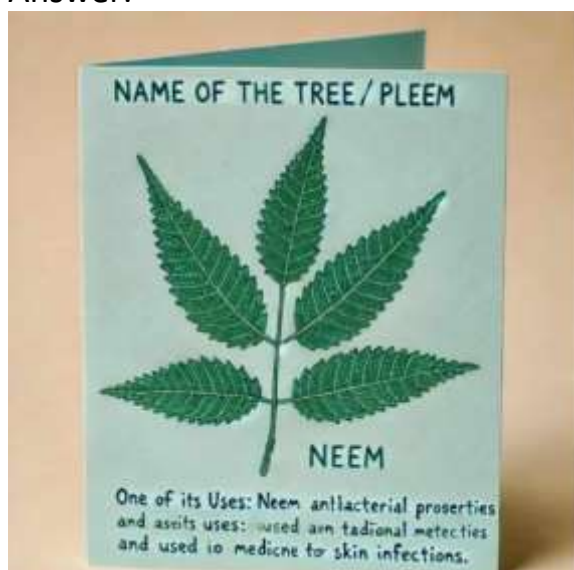
Let us speak (Page 83)

Collect dry leaves of four different trees and plants around you.



Question 1. Make one card as given below. On the top, draw the shape of the leaf look at the dry leaf, and colour it. Inside the card, write the name of the tree/plant the leaf is taken from and one of its uses.

Answer:



Question 2. Now, speak about the whole process of making the card in front of the class.

Answer: Hello Everyone,

Today, I'm going to share with you the process of making a beautiful and informative card about a tree or plant leaf. I chose the neem tree for my example. Here's how I did it:

Step 1: Collecting the Leaf

First, I collected a dry leaf from the neem tree. It's important to ensure the leaf is clean and dry before using it for our project.

Step 2: Drawing the Leaf

Next, I took a blank card and drew the shape of the neem leaf on the front. I paid close attention to its details, like the serrated edges and the veins. After outlining, I colored it to make it look as realistic as possible.

Step 3: Writing the Information

Inside the card, I wrote some important information about the neem tree. I included:

Name of the tree/plant: Neem

One of its uses: Neem leaves have antibacterial properties and are used in traditional medicine to treat skin infections.

Step 4: Final Touches

Finally, I reviewed the card to make sure everything was neat and legible. I added any additional details to enhance the presentation.

Conclusion

This project not only helped me learn more about the neem tree but also gave me the chance to practice my drawing and writing skills. It's a fun and educational activity that I recommend to all of you. Thank you for listening!

Question 3. Ask your classmates to identify the leaf and tell them one of its uses. After they answer, open the card, and share what you have written.

Answer: It is a classroom activity, so do it in your class under your teacher's guidance.

Let us write (Page 84)

You have read about Neem Baba and learned many things about the Neem tree. Look at the trees in your neighborhood and write a paragraph about any one tree that you like.

- Where it is (roadside/park, etc.)
- How it looks (height, tree trunk, leaves, flowers, etc.)
- Why do you like it (shade, medicinal properties, shelter, beauty, etc.)
- Give a title to your paragraph.

Answer: The Majestic Banyan Tree:

In the bustling park near my home, there stands a majestic banyan tree. It is a colossal



presence with its towering height and expansive canopy. The tree trunk is thick and gnarled, with roots that cascade down from the branches, creating a natural curtain. The leaves are broad and glossy, providing a dense cover that offers cool shade on hot days. During certain seasons, the tree blooms with small, red flowers that attract birds and insects, adding to its vibrant beauty.

I particularly like the banyan tree for its shade and the sense of tranquility it brings to the park. On many afternoons, I find solace sitting beneath its vast canopy, reading a book, or simply enjoying the peace. The tree also serves as a natural playground for children, who swing from its aerial roots and play hide-and-seek around its massive trunk. Its presence in the park is not just a source of beauty but also a testament to nature’s resilience and grandeur. The banyan tree is a symbol of shelter and comfort, offering a haven for both people and wildlife. Its timeless beauty and serene presence make it my favorite tree in the neighborhood.

Let us explore (Page 84)

When people from Persia came to India and saw that a common tree of their country was freely growing here, they started calling the tree Azad Darakhte Hindi. So, the scientific name of Neem in Latin became Azadirachta indica. Neem has different names in the Indian languages. Discuss with your teacher and find out which Indian languages these names belong to.

Name	Nimb	Nim	Leemba	Nimori	Nimbamond	Nimbe	Nimo
Indian							

Answer: Do it yourself

NCERT Solutions Class 6 English (Poorvi)

Unit 3: Chapter 8 What a Bird Thought

Let us do these activities before we read. (Page 85)

Question 1. Look at the picture and discuss what you see in the picture with your teacher and classmates.



Think of a time when you worked hard. What did you do then?

- How did it help you?
- How did it make you feel?
- Also, discuss in groups.

Answer:

- I worked hard in my studies.
- I got good results.
- I was delighted.

Question 2. Where are the places you see birds? What do you see the birds doing?

Answer: I see birds in gardens, parks trees and buildings. They are seen moving and flying from one place to another. They pick up food grains, and worms for themselves for food.

Question 3. Do you want to fly like a bird? Why?

Answer: I want to fly like a bird to explore the world freely.

Question 4.

What does a baby bird think about its world?

Answer: At first, she thought her world was the blue shell, then she found it to be her nest, then left and the wide big world she flew in.

Question 5. Read the sentences and replace the underlined words with their correct meanings.

S.No.	Sentences	Meanings
(a)	The color of the feather was not dark but <u>pale</u> .	at last
(b)	The butterfly <u>moved lightly and quickly</u> onto the flower.	light
(c)	<u>Finally</u> , I finished my bird painting after trying it many times.	labor
(d)	The pretty flowers were the prize for the gardener's <u>hard work</u> .	fluttered

Answer: (a) Pale – Light
(b) Moved Lightly and Quickly – Fluttered
(c) Finally – At Last
(d) Hard Work – Labour

Let us discuss (Page 87)

Question 1. Reread the poem. Identify the main idea of each stanza. There are two extra given.

- (a) The bird steps out into the world.
- (b) The bird lived happily in a small world.
- (c) The bird becomes blind due to leaves.



(d) The bird flies away as an adult.

(e) The bird is unhappy with the straw nest.

(f) The bird lived in a cozy nest with its mother.

Answer: (a) The bird becomes energetic as she grows and flies to discover things for herself.

(b) The bird lives happily and securely in her nest.

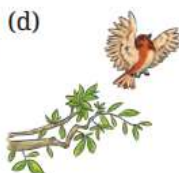
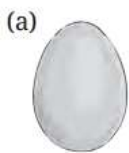
(c) The bird flies out of the nest and sits on another branch and can see only leaves and feels blinded by the leaves around her.

(d) As an adult she flies into the wide world.

(e) bird is unhappy.

(f) The bird is comfortable with her mother.

Question 2. Look at the pictures (a) – (d) and write the matching line from the poem for each.



Answer: (a) Round nest in shell.

(b) Nestled by mother.

(c) Blind by leaves.

(d) Steps out into the world.

Question 3. Answer the following with a word from the poem and check the answers with your partner.

(a) What was the shape of the bird's first house? _ O _ _ _

Answer: Round

(b) What was the bird's second nest made of? _ _ R _ _

Answer: Straw

(c) What did the bird see when it came out of its nest? L _ _ _ E _

Answer: Leaves

(d) What did the bird do at the end? _ _ _ W

Answer: Flew

Question 4.

Now, recite the poem aloud along with your teacher and classmates.

Answer: Do this activity in the presence of your subject teacher.

Let us think and reflect (Page 88)

Question 1. Write whether the following sentences are True or False.

(a) The bird changed its house two times.

Answer: True

(b) The neighbors tell the bird about the world.

Answer: False

Question 2. Read the following lines from the poem and answer the questions given below.

(a) I thought the world was made of straw,
And nestled by my mother.

(i) Who lived in the nest along with the baby bird?

Answer: Mother Bird

(ii) Complete the following by choosing the correct option. The bird thought the world was made of straw because _____.

- (a) it lived in a straw hut
- (b) its nest was made of straw
- (c) its mother fed straw to it
- (d) there was straw all around

Answer: (b) Its nest was made of straw

(iii) Which word tells us that the baby bird was warm and comfortable?

Answer: Nestled by the mother

(b) I said the world is made of leaves, I have been very blind.

(i) Why did the bird think the world was made of leaves?

Answer: The bird thought that the world was made of leaves because she saw leaves all around her.

(ii) What does the set of words 'I said' mean?

- (a) flew
- (b) shouted
- (c) spoke
- (d) cried

Answer: (c) spoke

(iii) Fill in the blanks to complete the sentence.

The bird felt that it had been very blind because it could not _____ the leaves from _____ n

___ __ e the nest.

Answer: See, Inside

Question 3. Why did the baby bird think that its first world was small, round, and blue?

Answer: The baby was in the shell which was small round and blue.

Question 4. Where did the bird go when it fluttered from its straw nest?

Answer: It flew into the world to discover things about the world herself.

Question 5. What quality did the bird say it had when it flew away?

Answer: The bird had grown up and had all the energy of an adult when it flew away.

Question 6. Who do you think were the bird’s neighbors? Why do you think so? Discuss.

Answer: All the creatures around her were her neighbors. The bird had to live in their company forever so they were her neighbours.

Question 1. Let us write some rhyming words. One has been done for you.

Words from the poem			
Stanza 1	Stanza 2	Stanza 3	Stanza 4
well			
shell			
New rhyming words			
fell			

Now, complete a new stanza with rhyming words at the end of each line.



I fly high and I fly low,
But one thing I surely k __ __ __,
Whenever I wish to rest,
My little nest is the __ __ __t.

Answer:

Words from the Poem			
Stanza 1	Stanza 2	Stanza 3	Stanza 4

Well	Other	Find	Labors
Shell	Mother	Blind	Neighbors
New Rhyming Words			
Fell	Father	Mind	Tailor

I fly high and I fly low,
 But one thing I surely **know**,
 Whenever I wish to rest,
 My little nest is the **best**.

Question 2. The poet uses words like ‘pale’, ‘blue’, ‘round’, ‘straw’, and ‘little’ to describe the bird’s nest. Read a few more describing words.

pointed	green	thin	brown
small	wooden	hanging	round

Now, use the describing words given in the box to create six sentences based on the given picture.



- (a)
- (b)
- (c)
- (d)
- (e)
- (f)

Answer: Six sentences to describe the picture:

(a) A bird built a **small** nest on a tree.

- (b) The tree is full of green leaves.
- (c) It is a hanging nest.
- (d) The entrance to the nest has a round hollow shape.
- (e) The bird is sitting near the entrance with her pointed beak.
- (f) The roof of the nest is made of wood and is brown.

Let us listen (Page 90)

What A Bird Thought

I'm a parrot, my name is Paro,
 My feathers are bright and they glow.
 In the morning, I spread my wings,
 Fly around and see wonderful things.
 Come with me through the skies so blue,
 To places old and places new.
 Among the trees, where the breeze is light,
 Many new stories, oh, what a sight!

You will listen to a short poem. As you listen, fill in the missing words. You can listen to the poem more than once.

I'm a parrot, my name is Paro,
 My feathers are ___ ___ g ___ ___ and they glow.
 In the morning, I spread my wings,
 ___ ___ ___ around and see wonderful things.
 Come with me through the skies so ___ I ___ ___,
 To places old and places new.
 Among the ___ ___ e ___ ___, where the breeze is light,
 Many new s t ___ ___ ___ s, oh, what a sight!

Answer: I'm a parrot, my name is Paro,
 My feathers are **bright** and they glow.
 In the morning, I spread my wings,
fly around, and see wonderful things.
 Come with me through the skies so **blue**.
 To places old and places new.
 Among the **trees**, where the breeze is light,
Many new stories, oh, what a sight!

Let us speak (Page 90)

Speak with your classmates about which bird you would like to be. Include the following points.

- Which bird are you? [I am]

Answer: I am a peacock.

• **What do you look like?** [I am in color. I am a big/small bird. I have].

Answer: I am a **combination of beauty** in colours. I am a big/small bird. I have a **slender** body.

• **Where do you live?** [I live in It is (where)]

Answer: I live in **beautiful green surroundings**. It is (where) **what I enjoy most**.

• **What do you do during the day?** [I I also]

Answer: I **play with my mate**. I also **dance in the cloudy weather**.

• **Do you have any message for humans?** [I want to tell the humans]

Answer: I want to tell the humans **should take care of me and not demolish our homes**.

Let us write (Page 91)

Question 1. Read how the bird perceived its world.

My world was small, round, and light blue at first. After that, my world was warm and comfortable. It was made of straw. In this world, I could only see leaves whenever I stepped out. In the end, my world became big. It had the sky and the earth as a part of it.

Answer: When the bird was a baby, she thought her nest was the world, where she was secure with her mother. Later when she grew the thought about the world changed to green leaves. She flew as an adult and found the world very, very big.

Question 2. Now, discuss with your teacher and classmates how you think the world would look to the following.

(a) a baby

(b) a fish

Answer:

(a) Baby (Written in first person)

I am surrounded by relatives, who love and care for me. Everybody gives me gifts, I love them. My mother feeds me on time. She kisses me and changes my clothes. I am the source of entertainment for all in my family.

(b) Fish

I live in the water and feed on water weeds and worms. I have my family and friends with whom I enjoy a lot. We move in groups from one place to another, but I need to be careful, not to get trapped in the fisherman's net. I have to be also careful of the larger fishes that can feed on me. I love my home and my family.

Question 3. Now, write five sentences each, for both (a) and (b), in your notebooks. You can take help from the example given in 1.

Answer:

(a) A Baby

- My world is small, cozy, and filled with soft blankets and toys.
- I see the faces of my parents and they make me feel safe and loved.
- My world is made up of warm bottles of milk and gentle lullabies.
- As I grow, my world expands to include colorful picture books and playful sounds.
- Eventually, my world will include new places like the park and the neighborhood, where I can explore and learn.

(b) A Fish

- My world is a small, round tank filled with clear water and decorative pebbles.
- I see the shimmering light that filters through the water, creating beautiful patterns.
- My world is made of plants and tiny hiding places where I can rest.
- Whenever I swim to the surface, I see the faces of humans who feed me.
- In the end, my world includes the larger aquarium, where I can swim freely and explore new areas.

Let us explore (Page 91)

Question 1. The bird's first home was made of a shell. Later its home was among leaves and made of straw.

- Look at your home carefully and make a list of all the materials it is made of.

Answer: My home is made of brick, cement, and iron.

- **Why do you think our homes are not made of straw?**

Answer: Our homes cannot be made of straw because they will get wet with the rain. It will be a weak house and will not be able to support our weight. We will not be able to cook our food as straws will catch fire easily.

- **If you had to own a home of your choice, what would it look like and what materials would you like to use?**

Answer: People use cement, bricks, wood, iron, etc. to build their homes.

- **How is a home different from a house? Discuss with your classmates and teacher.**

Answer: A home is a place where you live comfortably with your family. A house is made of bricks or stones or mud. It is only a shelter.

- **Look at the list of some workers who build houses. Find out the work they do and write, as shown in the example. You can think of other workers and add them too.**

Workers	Their work
Example: mason	Lays bricks and stones
1. painter	
2. electrician	
3. plumber	
4. carpenter	
5. architect	
6.	
7.	

Answer:

Workers	Their Work
Example: Mason	Lays bricks and stones
1. Painter	Paints Walls
2. Electrician	Electrical Connections
3. Plumber	Fixes Taps and Waterpipes
4. Carpenter	Makes Furniture
5. Architect	Makes Plans of House
6. Potter	Make Pots

7. Cook

Cooks Food

Question 2. Look at the different kinds of nests and homes the birds make. Have you seen any? Discuss these types of nests with your teacher and classmates.

(See NCERT Textbook, Page 92)



Answer:

Traditional Nest in a Tree



Description: A nest of twigs, leaves, and other plant materials. It is typically found in the branches of trees.

Birds: Common birds like robins, sparrows, and pigeons build such nests.

Personal Observation: It's often built safely among the branches.

Hanging Nest



Description: These nests are suspended from branches and made of woven grass and other flexible materials.

Birds: Birds like weaver birds and orioles build these intricate, hanging nests.

Personal Observation: These nests are fascinating due to their intricate construction and are often found in areas with abundant vegetation.

Cavity Nest



Description: A nest is built inside a hole in a tree trunk.

Birds: Woodpeckers, owls, and some parrots use tree cavities for nesting.

Personal Observation: These nests provide excellent protection from predators and the elements. Have you seen any trees with holes that might be homes for birds?

Leaf Nest



Description: A nest made by stitching or folding leaves together.

Birds: Tailorbirds and some species of warblers build these unique nests.

Personal Observation: These nests are cleverly constructed using natural materials and can often be found in dense foliage.

Discussion with Classmates

Types of Birds: Discussion on the kinds of birds that build each nest and how their nesting habits suit their environments.

Construction Techniques: Talking about the different techniques birds use to build their nests, like weaving, stitching, or using cavities.

By discussing these nests, I'll gain a better understanding of the diverse and fascinating ways birds create homes for their young.

NCERT Solutions Class 6 English (Poorvi)

Unit 3: Chapter 9 Spices that Heal Us

Let us do these activities before we read. (Page 93)

Question 1. A spice is any seed, fruit, root, bark, leaf or any other part of a plant used to give taste and color to our food. Try to recall the names of three spices that are used for cooking in your home. Write them below and share your answers with your teacher.

- (a) _____
(b) _____
(c) _____

Answer: (a) Corriander

(b) Cardamom

(c) Turmeric

Question 2. Given below are pictures of some spices. Work in pairs and write what you call them in your language. Their names in English are given in the last column. Share your answers with your teacher.

S.No.	Spice	Name in your language	Name in English
1.			Turmeric
2.			Fenugreek
3.			Cumin seeds
4.			Asafoetida
5.			Cinnamon
6.			Clove
7.			Ginger
8.			Black pepper
9.			Fennel seeds
10.			Cardamom

Answer:

Classroom Activity. Discuss the answer with your teachers.

S. No.	Spice	Name in your language	Name in English
1.		Haldi	Turmeric
2.		Methi	Fenugreek
3.		Jeera	Cumin seeds
4.		Heeng	Asafoetida
5.		Dalchini	Cinnamon
6.		Laung	Clove
7.		Adrak	Ginger
8.		Kali Mirch	Black pepper
9.		Sauf	Fennel seeds
10.		Elaichi	Cardamom

Let us think and reflect (Page 95)

Question 1. Read the given lines and answer the following questions.

‘When I was a child, I learned them from my grandmother. She used to find cures for most of the weather-related common illnesses in the kitchen.’

(a) Where exactly in the kitchen did her grandmother find the cures?

Answer: Grandmother found the cures in her kitchen among the spices she used in her cooking.

(b) Give one example of weather-related common illnesses.

Answer: Cough and cold.

(c) What kind of relationship did the speaker have with her grandmother?

Answer: Grandmother was affectionate towards her grandchildren.

Question 2. Fill in the blanks to complete the sentence.

Daadi soaked methi seeds overnight and drank the water in the morning to manage _____ and _____.

Answer: Daadi soaked methi seeds overnight and drank water in the morning to manage sugar levels and body weight.

Question 3. Circle the spice that is not useful for body pain according to Daadi’s letter.

- (a) Turmeric
- (b) Ginger
- (c) Fennel seeds

(d) Black pepper

Answer: (c) Fennel seeds

Question 4. Why did Daadi ask Vikram and Vaibhavi to share the natural cures with their friends?

Answer: Daadi wanted Vikram and Vaibhavi to share the natural cures with their friends so that they could get the benefit out of it.

Question 5. What was Daadi's final advice to Vikram and Vaibhavi?

Answer: Daadi's final advice to Vikram and Vaibhavi was to go into the kitchen and search for the herbs and seeds mentioned and use them under the supervision of an elderly person.

Question 6. How do we know that natural cures are passed from one generation to another?

Answer: Daadi was the oldest member of the family. She was not a doctor, therefore she must have learned their uses from her parents and grandparents and must have successfully used them in her lifetime. Now she was sharing with her grandchildren.

Question 7.

Why do you think we should know about the healing properties of spices?

Answer:

We should know about the healing properties of spices because they are easily available in our kitchen. They have no side effects and can give relief easily.







Let us learn (Page 96)

Question 1. You have read the uses of spices in the letter. Complete the following table with the help of your teacher. You may use the words from the box given below.

Part of the plant: root/bark/leaves/flower buds/fruit/seeds




Texture: rough/soft/silky

Taste: bitter/sweet/sour/salty/spicy

Spice	Name	Part of the plant	Colour	Texture	Taste
	Turmeric				
	Fenugreek				
	Cinnamon				
	Clove				
	Black pepper				
	Cardamom				



Answer:

Spice	Name	Part of the plant	Colour	Texture	Taste
	Turmeric	Root	Yellow	Rough	Bitter
	Fenugreek	Seeds	Yellow/brown	Rough	Bitter
	Cinnamon	Bark	Brown	Rough	Sweet
	Clove	Flower buds	Brown	Rough	Spicy
	Black pepper	Fruit	Black	Rough	Spicy
	Cardamom	Seeds	Green	Soft	Sweet

Question 2. Read the sentences given below.

- You may share them with your friends.
- You should try to remember these cures.
- It can help to control cough and cold.
- You must consult an elder before you use them.
- I need to soak the methi seeds overnight.
- I used to put heeng water on your tummy.

(a) The words given in Column A are helping verbs. Match the helping verbs in Column A with their functions in Column B.

Column A	Column B
Helping Verbs	Functions
1. may	a. past habit
2. should	b. suggestion
3. can	c. compulsion
4. must	d. advice
5. need to	e. ability
6. used to	f. necessity

The helping verbs in Column A are called modal verbs or modals. Each modal verb has a different function

Answer:

1. may – compulsion
2. should – advice
3. can – ability
4. must – necessity
5. need to – suggestion
6. used to – past habit

(b) Complete the following dialogues with any four modals from the table given above.

(Use a modal only once.)

Ajay: Anand had a fever last week. He (i) _____ take good rest.

Suman: Yes, he (ii) _____ or he will fall ill again.

Ajay: He (iii) _____ take grandmother's natural cures.

Suman: Yes, we (iv) _____ remember how effective they are.

Answer: Ajay: Anand had a fever last week. He (i) **should** take a good rest.

Suman: Yes, he (ii) **must** or he will fall ill again.

Ajay: He (iii) **can** take his grandmother's natural cures.

Suman: Yes, we (iv) **need to** remember how effective they are.

Let us listen (Page 98)

Spices That Heal Us:

The wonder herb: Tulsi is a shrub in the basil family. It is said that it was first found in north central India and now grows almost everywhere in India. It is known as 'the Queen of Herbs' and has many medicinal uses. Studies show that it helps to decrease glucose and cholesterol levels and improve blood pressure. It is commonly used to treat breathing and digestion disorders. As it has anti-bacterial properties, it is used in herbal hand sanitizers. It is used as a base for making herbal mouthwash and toothpaste for treating bad breath, gum disease, and mouth ulcers. Tulsi leaves can be washed and eaten raw. We can also add Tulsi leaves when we make tea. Tulsi tea helps in dealing with stress as it calms our minds. Tulsi protects us from a vast range of pollutants around us.

You will listen to the audio or narration once again. As you listen, check your answers. You will listen to the benefits of Tulsi (Holy Basil), a common herb. As you listen, complete the factsheet given below.

THE WONDER HERB		
Name	<i>Tulsi</i>	Family: (i) _____
First found in	(ii) _____	
Now found	everywhere in India	
Known as	The (iii) _____ of herbs	
Can decrease levels of	(iv) _____ and cholesterol	
Used to treat disorders of	breathing and (v) _____	
Is used to make	mouth wash and (vi) _____	
We can have <i>Tulsi</i> leaves by	eating them (vii) _____ or adding them while making (viii) _____	

Answer:

The Wonder Herb		
Name	Tulsi	Family: (i) <u>The Wonder Herb</u>
First found in	(ii) <u>North Central India</u>	
Now found	everywhere in India	
Known as	The (iii) <u>Queen of</u> herbs	
Can decrease levels of	(iv) <u>glucose</u> and cholesterol	
Used to treat disorders of	breathing and (v) <u>digestion</u>	
Is used to make	mouthwash and (vi) <u>herbal toothpaste</u>	

We can have Tulsi leaves by	eating them (vii) <u>raw</u> or adding them while making (viii) <u>Tea</u>
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Let us speak (Page 98)

Question 1. Daadi told Vikram and Vaibhavi about many spices. Choose one spice and introduce yourself as that spice to the class.

Answer: Hello Everyone!

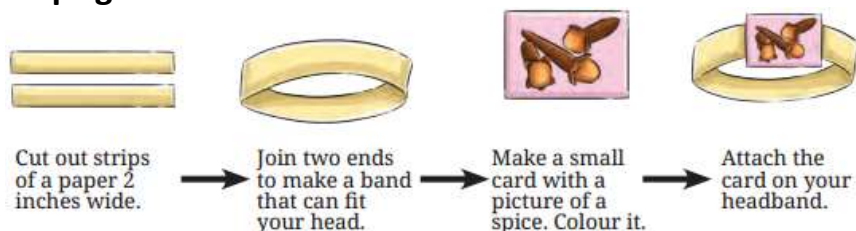
I am Turmeric, known as Haldi in Hindi. I come from the root of the Curcuma longa plant, and I'm bright yellow. People love me for my bitter and earthy taste.

I'm not just used for cooking; I'm a wonder spice with numerous health benefits! I can help improve energy levels and digestion, and I am great for reducing body pain. Many people use me as a natural remedy for various ailments. You might find me in curries, teas, and even beauty products.

I am proud to be a part of your kitchen and your wellness routine!

Thank you!

Question 2. Before you speak, make a spicy headband for the spice you chose. Follow the steps given below.



Use the headband while introducing yourself as the spice.

Answer: Steps to Make a Spicy Headband:

- Cut out strips of paper: Take a sheet of paper and cut out strips that are 2 inches wide. You'll need enough length to fit around your head.
- Join the ends: Take the two ends of the paper strip and join them together to form a band that fits your head. You can use glue, tape, or staples to secure the ends.
- Make a small card: Create a small card with a picture of turmeric. You can draw and color it, or print a picture of turmeric if you prefer.
- Attach the card to your headband: Attach the card with the picture of turmeric to the front of your headband. You can use glue, tape, or staples to secure it.

Example Introduction:

While wearing your headband:

Hello everyone!

I am Turmeric, known as Haldi in Hindi. I come from the root of the Curcuma longa plant,



and I'm bright yellow. People love me for my bitter and earthy taste. I'm not just used for cooking; I'm a wonder spice with numerous health benefits! I can help improve energy levels and digestion, and I am great for reducing body pain. Many people use me as a natural remedy for various ailments. You might find me in curries, teas, and even beauty products. I am proud to be a part of your kitchen and your wellness routine! Thank you!

Question 3. Mention the following while speaking.

- your name
- part of the plant
- colour
- texture
- taste
- benefits

Answer: Hello Everyone!

I am Turmeric, known as Haldi.

Part of the plant: I come from the root of the *Curcuma longa* plant.

Colour: I am bright yellow.

Texture: My texture is rough.

Taste: I have a bitter and earthy taste.

I am not just used for cooking; I am a wonder spice with numerous health benefits! I can help improve energy levels and digestion, and I am great for reducing body pain. Many people use me as a natural remedy for various ailments. You might find me in curries, teas, and even beauty products.

I am proud to be a part of your kitchen and your wellness routine!

Thank you!

Let us write (Page 99)

Question 1. Vikram's grandmother shared two natural cures to cure his cough in her earlier letter. It was kept outside and a few drops of rain fell on it. Some of the words got washed away by the rain. Help Vikram complete the natural cures. Use the phrases given in the box below. There are two phrases that you do not need.

some leaves of basil	for cough	amount of honey
the mixture	for high fever	a piece of fresh ginger
you can have it	grind to get	home remedy

Natural Cures for Cough

(a) To prepare this home remedy, you just need ginger and honey. First, take _____, grate it, and take the juice from it. Take about two teaspoons of

this juice and add about two and a half teaspoons of honey to it. Mix it properly. Warm _____ slightly on very low heat for a minute. Then _____ about three to four times a day to get relief from cough. Have patience to see the effect as natural cures _____ with ginger and honey might take some time to show results.

Answer: To prepare this home remedy, you just need ginger and honey. First, take some leaves of basil, grate it, and take the juice from it. Take about two teaspoons of this juice and add about two and a half teaspoons of honey to it. Mix it properly. Warm the mixture slightly on very low heat for a minute. Then you can have it about three to four times a day to get relief from the cough. Have patience to see the effect as natural cures for cough with ginger and honey might take some time to show results.

(b) To prepare the second _____ for cough, take about 10 grams of each long pepper, dried ginger and basil leaves. Add four to six small cardamoms and _____ a fine powder. If you take this powder with an equal _____, it will give you relief from cough.

Answer: To prepare the second home remedy for cough, take about 10 grams of each long pepper, dried ginger, and basil leaves. Add four to six small cardamoms and grind them to get a fine powder. If you take this powder with an equal amount of honey, it will give you relief from cough.

Question 2. Now, write a short paragraph on Tulsi based on the completed factsheet in 'Let us Listen'.

Answer: Tulsi the queen of herbs is of great medicinal value. It helps to cure cough, cold, and fever at home.

Let us explore (Page 100)

Question 1. Now that you have read about many spices, can you guess the spices based on the riddles given below?

(a) When your tummy felt funny
I was used by your granny
I made you fit and fine
And brought back your smile.
Who am I?

(b) I come from under the ground
Thousands of years, I've been
around.
For cooking you use me daily
From cold I can cure you surely.
Who am I?

Answer: (a) Heeng
(b) Ginger

Question 2. Fill in the blanks to complete the riddle below. Write another riddle of your own and ask your family members to guess the spice.

(a) Brownish- _____ in colour,
and _____ to taste,
I help everyone,
to _____ their weight.
Who am I?
Ans: Fenugreek (*methi*)

(b) _____

Answer:

(a) Brownish- _____ in colour,
and **bitter** to taste,
I help everyone,
to **loose** weight.
Who am I?

Answer: Fenugreek (*methi*)

(b) **I am yellow and brown**
I am hard, useful in curing
aches and pains used as an antiseptic.
Who am I?
Answer: Turmeric

Question 3. Close your eyes and learn about spices by smelling and feeling them. The teacher may also provide a few different spices to try.

Answer:

Turmeric (Haldi):

Smell: Close your eyes and take a deep breath. You'll notice a warm, earthy, and slightly pungent aroma.

Feel: Turmeric is a fine powder with a slightly rough texture.

Fenugreek (Methi):

Smell: Fenugreek seeds have a strong, slightly sweet, and nutty smell.

Feel: The seeds are small, hard, and have a slightly rough texture.

Cinnamon (Dalchini):

Smell: Cinnamon has a sweet, woody, and spicy aroma that is very distinct.

Fee: It comes in sticks which are hard and have a rough texture.

Clove (Laung):

Smell: Clove has a strong, sweet, and spicy aroma.

Feel: Cloves are small, hard, and slightly rough to the touch.

Black Pepper (Kali Mirch):

Smell: Black pepper has a sharp, pungent, and slightly woody aroma.

Feel: The peppercorns are small, hard, and round with a rough texture.

Cardamom (Elaichi):

Smell: Cardamom has a sweet, floral, and slightly spicy aroma.

Feel: The pods are smooth and firm, and have a slight give when pressed.

