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Worksheet Solutions: Spices that Heal Us

Multiple Choice Questions (MCQs)

Q1: What is the relationship between Daadi and Vikram, and Vaibhavi?

- (a) Friends
- (b) Cousins
- (c) Grandmother and grandchildren
- (d) Neighbours

Ans: (c) Grandmother and grandchildren

Q2: Which spice is known for boosting energy levels and aiding in digestion?

- (a) Fenugreek
- (b) Turmeric
- (c) Cumin
- (d) Black pepper

Ans: (b) Turmeric

Q3: What remedy did Daadi suggest for maintaining sugar levels?

- (a) Ginger tea
- (b) Methi (fenugreek)
- (c) Cinnamon
- (d) Clove

Ans: (b) Methi (fenugreek)

Q4: Which spice helped Daadi with her grandchildren's tummy troubles?

- (a) Turmeric
- (b) Asafoetida
- (c) Fennel seeds
- (d) Cardamom

Ans: (b) Asafoetida

Q5: What does Daadi encourage Vikram and Vaibhavi to do with the remedies?

- (a) Keep them a secret
- (b) Share them with others
- (c) Ignore them
- (d) Sell them

Ans: (b) Share them with others

Fill in the Blanks

Q1: Daadi learned these remedies from her own _____.

Ans: grandmother

Q2: The spice _____ is commonly used to alleviate body pain.

Ans: turmeric

Q3: Daadi emphasized the importance of seeking guidance from _____ before using home remedies.

Ans: elders

Q4: _____ seeds are soaked overnight to aid digestion.

Ans: Cumin

Q5: Daadi's letter emphasizes the bond between _____ and _____.

Ans: generations, family

True or False

Q1: Daadi's remedies are based on modern medicine.

Ans: False

Q2: Daadi encourages Vikram and Vaibhavi to explore kitchen spices.

Ans: True

Q3: Fenugreek is used for improving skin complexion.

Ans: False

Q4: Daadi's tone in the letter is affectionate and educational.

Ans: True

Q5: Daadi recommends using spices without any caution.

Ans: False

Match the Following

| Column A | Column B |
|--------------|-------------------------------|
| 1. Turmeric | a) Pain relief for toothaches |
| 2. Fenugreek | b) Aids digestion |
| 3. Cumin | c) Maintains sugar levels |
| 4. Clove | d) Boosts energy |
| 5. Ginger | e) Versatile herb for cough |

Ans:

| Column A | Column B |
|--------------|-------------------------------|
| 1. Turmeric | d) Boosts energy |
| 2. Fenugreek | c) Maintains sugar levels |
| 3. Cumin | b) Aids digestion |
| 4. Clove | a) Pain relief for toothaches |
| 5. Ginger | e) Versatile herb for cough |