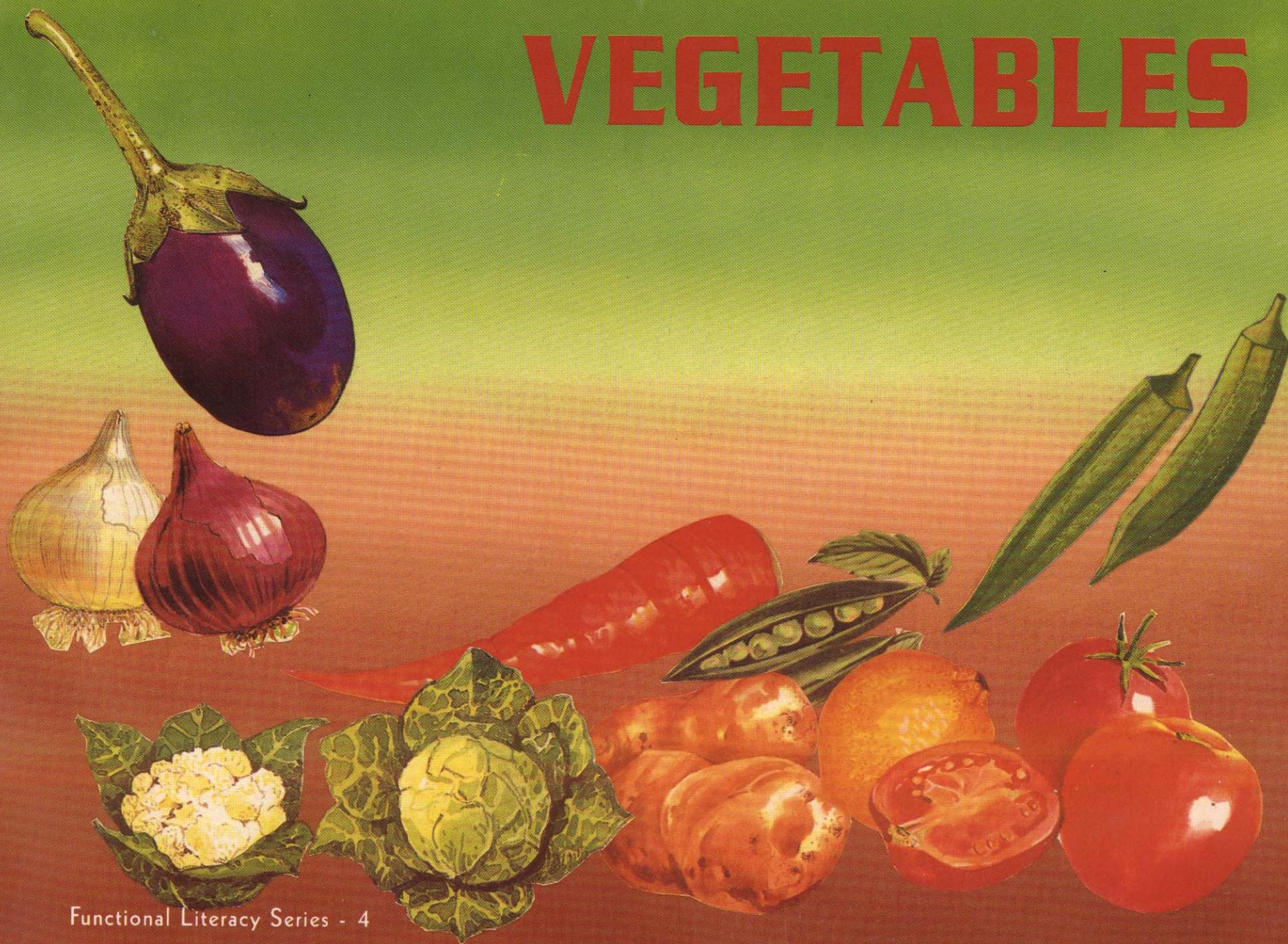


VEGETABLES



VEGETABLES

Department of Special Education
NATIONAL INSTITUTE FOR THE MENTALLY HANDICAPPED
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PROJECT TEAM

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Usha Fatehpuria

Vinita Singh

Titles in the series

Functional Literacy :

FLIP BOOKS	Vegetables
		Vehicles
		Animals
WORK BOOKS	Vegetables
		Fruits
		Animals

Functional Numeracy :

FLIP BOOK	Numbers
WORK BOOK	Numbers

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A note to the teachers

Special Education for children with mental retardation has seen tremendous progress in recent years. Teaching functional academics, literacy and numeracy are important areas requiring focus. A systematic approach to teaching functional literacy and functional numeracy will let the teachers and the students have a sense of achievement and eventually the students gain independence in social competence.

Considering the need for methods and materials for this purpose, an attempt is made to develop learning aids, workbooks and charts and resource book for teaching functional literacy and numeracy which includes reading, basic arithmetic, time and money concepts.

A field trial was conducted to test the efficacy of the materials with children in special schools. Infact, decision on "what to develop" was made only after compiling the opinions of special teachers.

The materials developed are presented along with a catalogue describing the multiutility of each material.

The printed matter is in the form of literacy and numeracy series. This book is a part of the series.

Teacher's own creativity and imagination will further enhance the teaching - learning process. A feedback from the teachers is most welcome for further refining of the materials.

Vijayalakshmi Myreddy

Jayanthi Narayan

VEGETABLES

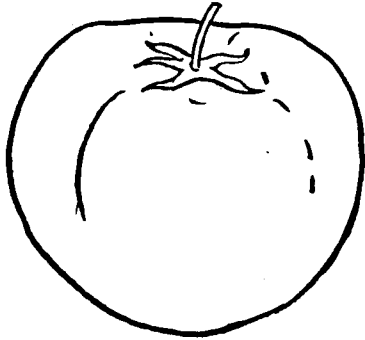
Vegetables grow in gardens. We get some vegetables from plants, some from creepers and some from the roots. Vegetables are in different shape, size, texture and colour.

Varieties of dishes are made out of vegetables. Some vegetables are eaten raw. Sweet dishes and pickles are made out of some vegetables. Eating vegetables everyday is essential for good health. Vegetables have vitamins and minerals.

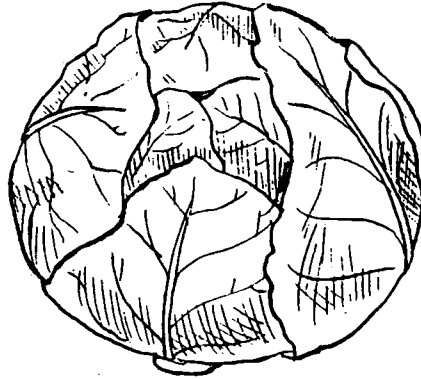
In winter we get more variety of vegetables than in summer. Go through this book and know more in detail !

Note : The content and the practice lessons are organised in such a way that a student can learn to (a) identify and name the pictures and words (b) write the words, and (c) learn in detail the above topic. As pictures are in black and white, let the students colour the pictures. If users are creative and innovative, this material is useful for teaching many concepts.

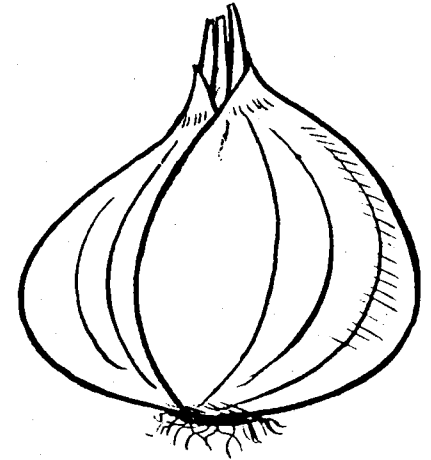
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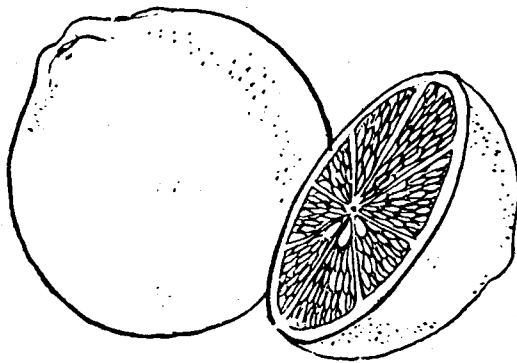
Tomato



Cabbage



Onion

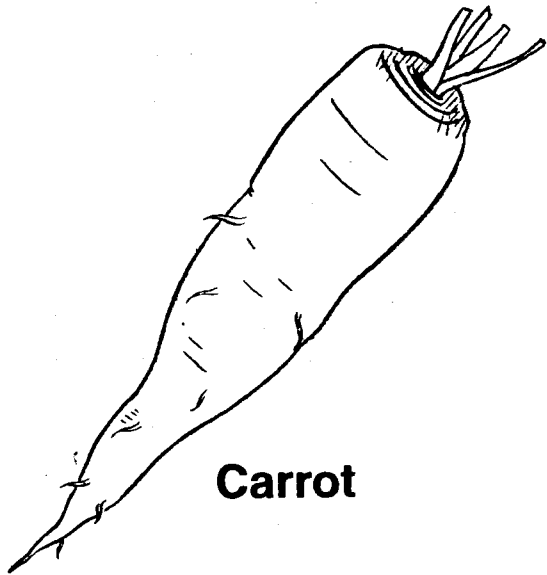


Lemon



Potato

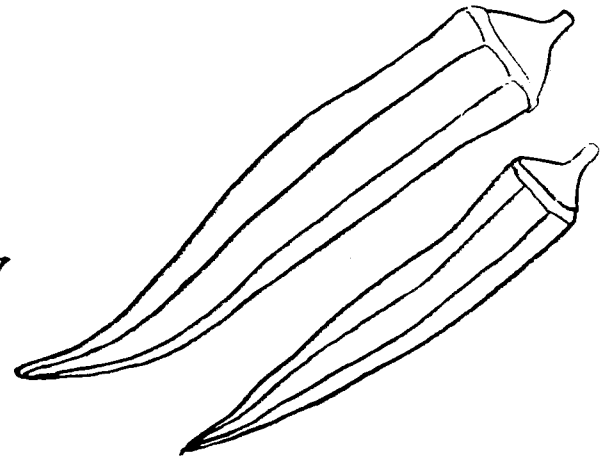
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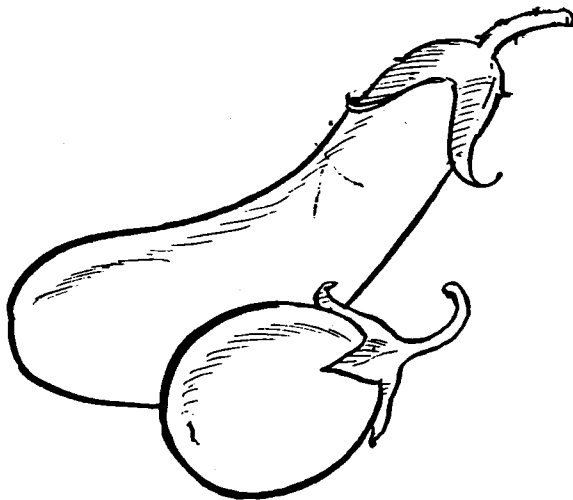
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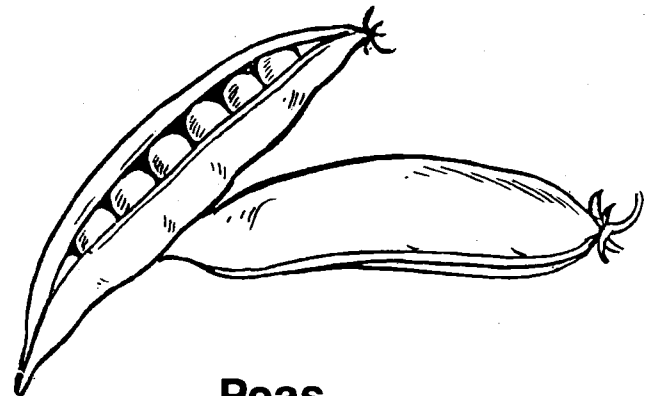
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Lady's finger

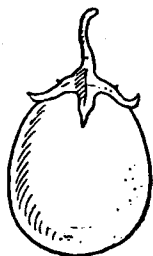


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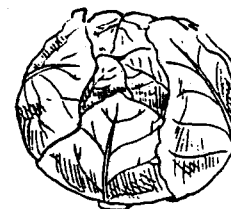


Peas

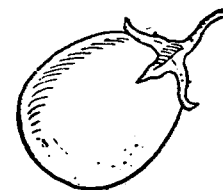
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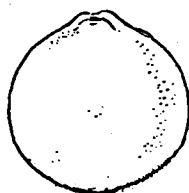
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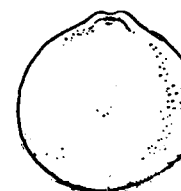
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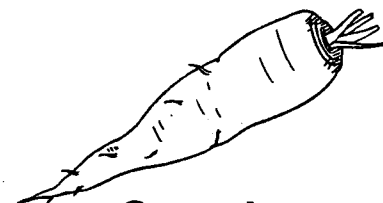
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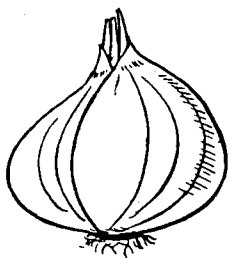


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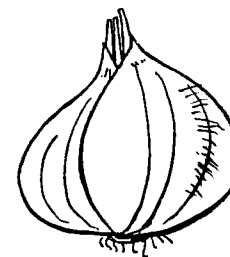


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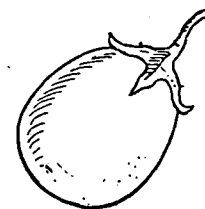
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Onion



Onion



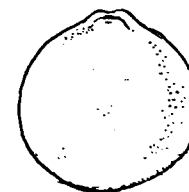
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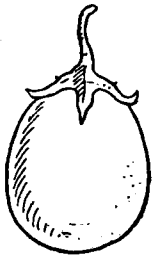


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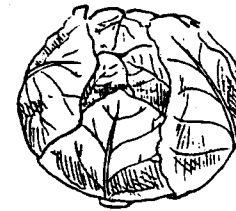


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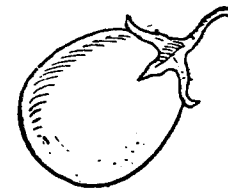
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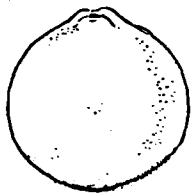
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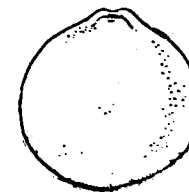
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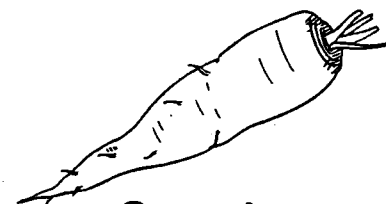
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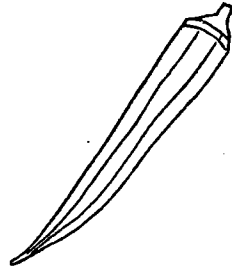


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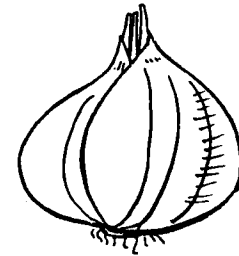


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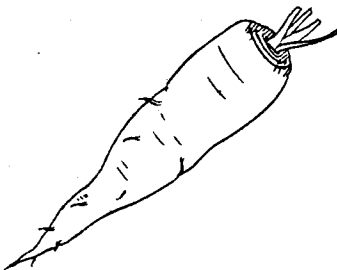
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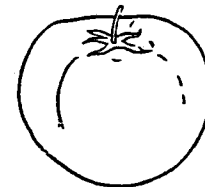
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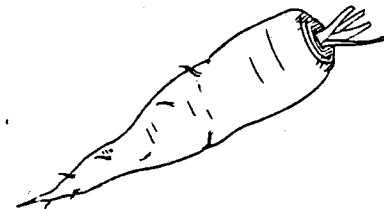
Lady's finger



Carrot

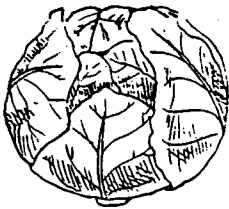


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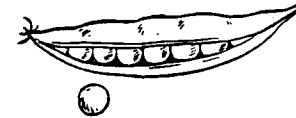


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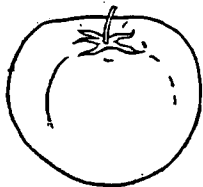
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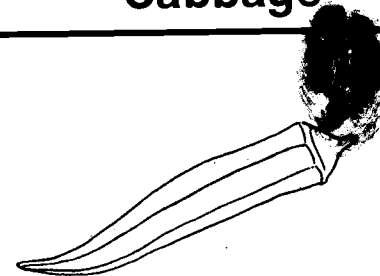
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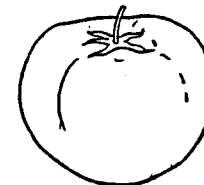
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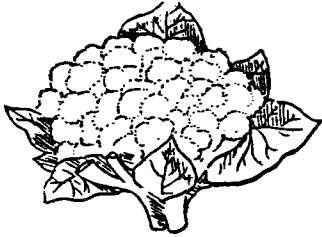


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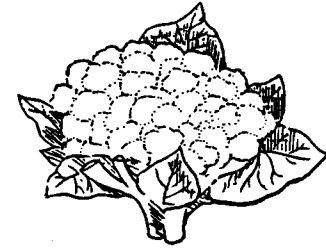


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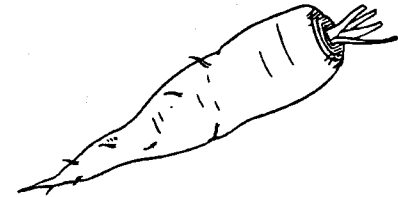
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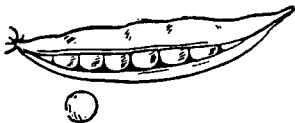
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Cauli flower



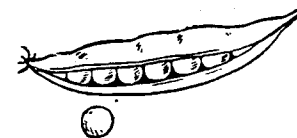
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Peas

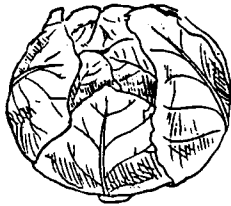


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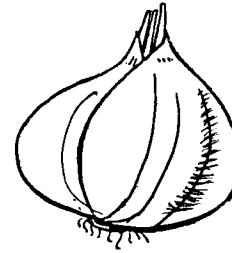


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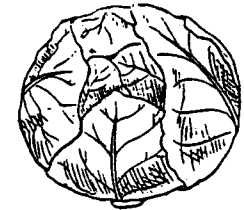
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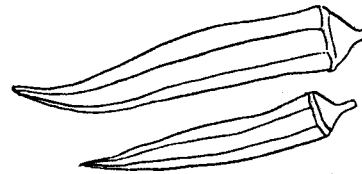
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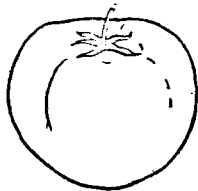
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Cabbage



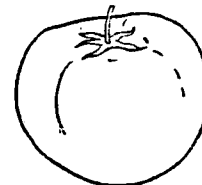
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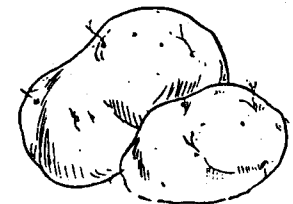
Tomato



Cauli flower



Tomato



Potato

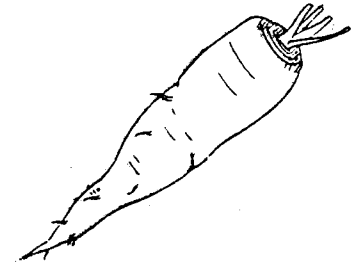
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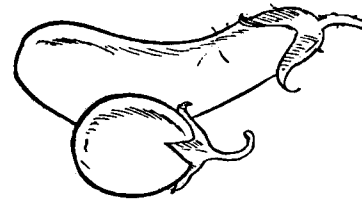
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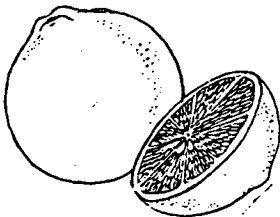
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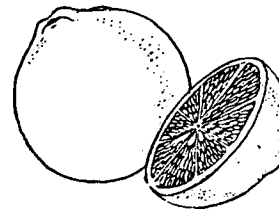
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Brinjal



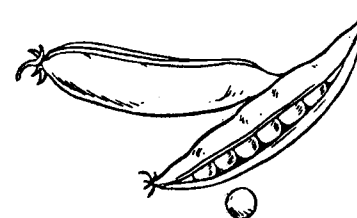
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Lemon

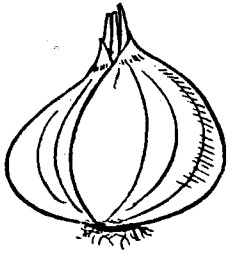


Cabbage



Peas

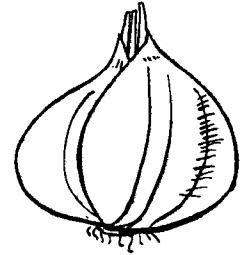
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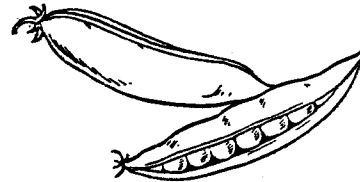
Onion



Cauli flower



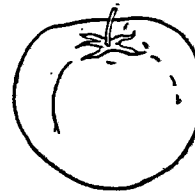
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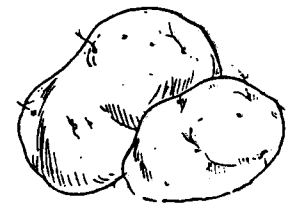
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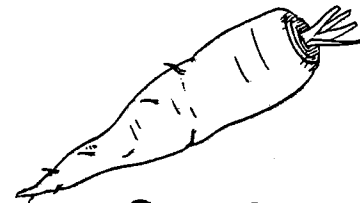
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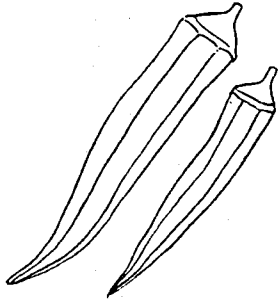


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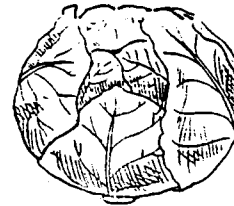


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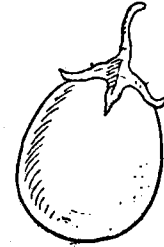
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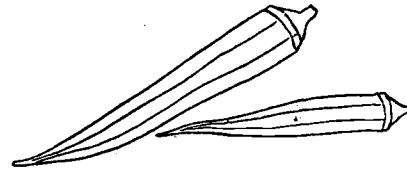
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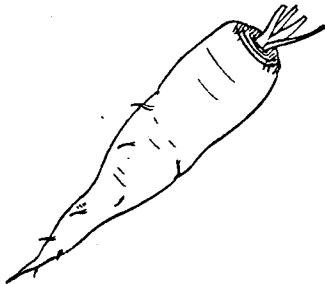
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Brinjal



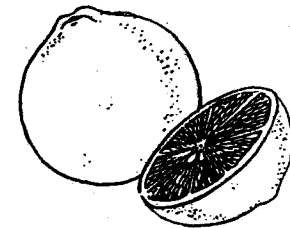
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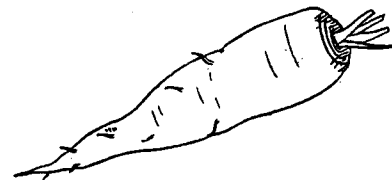
Carrot



Cauli flower

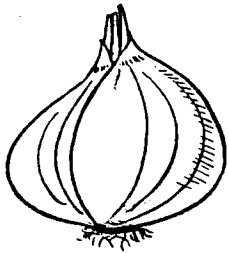


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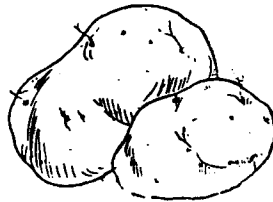


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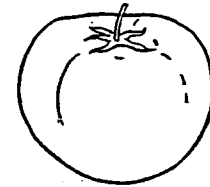
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Onion



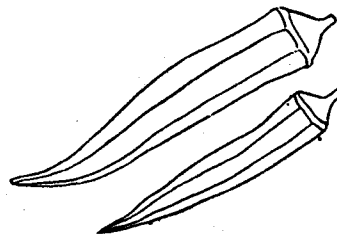
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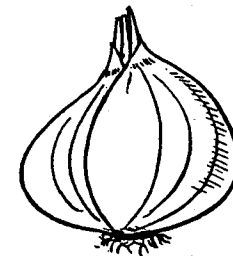
Tomato



Potato



Lady's finger

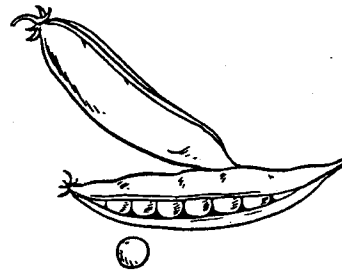


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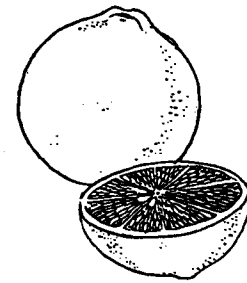
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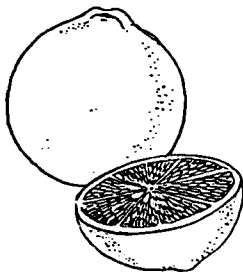
Brinjal



Peas



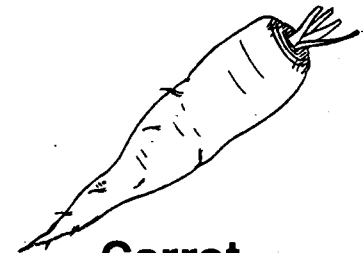
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Lemon

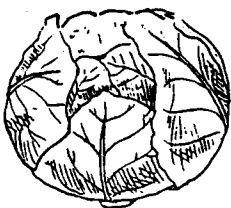


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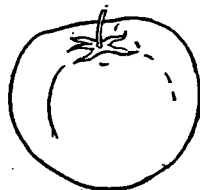


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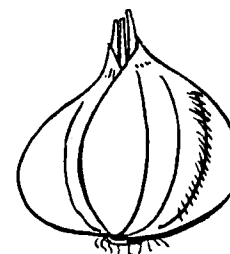
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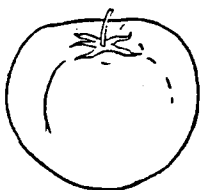
Cabbage



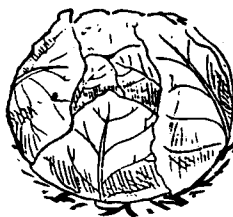
Tomato



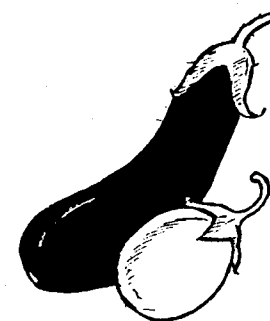
Onion



Tomato



Cabbage

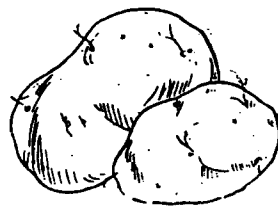


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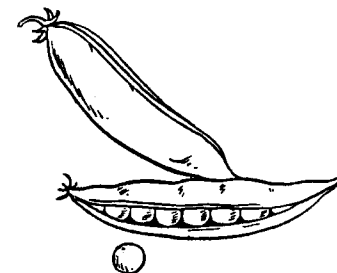
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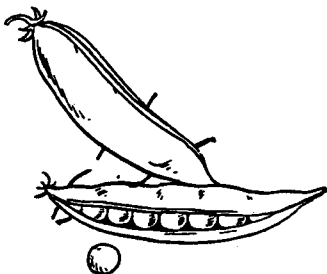
Cauli flower



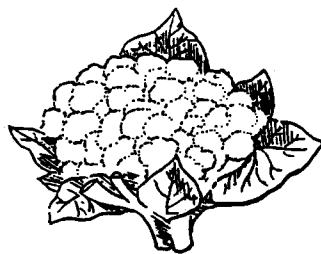
Potato



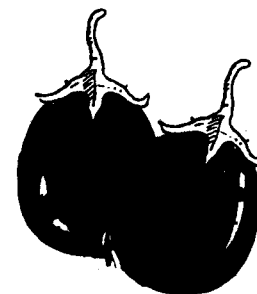
Peas



Peas

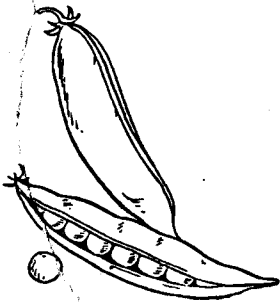


Cauli flower

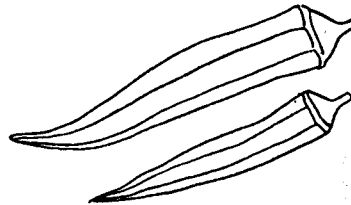


Brinjal

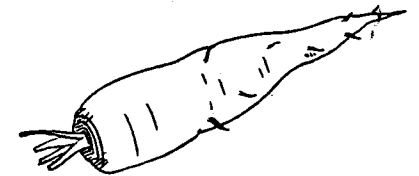
Connect the picture by drawing a line.



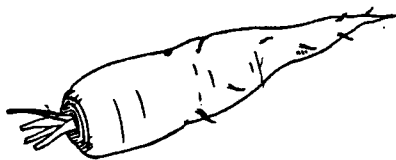
Peas



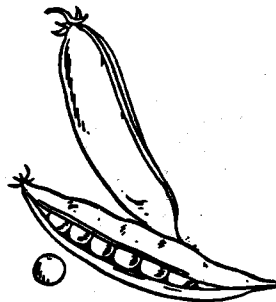
Lady's finger



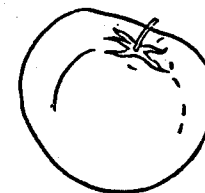
Carrot



Carrot

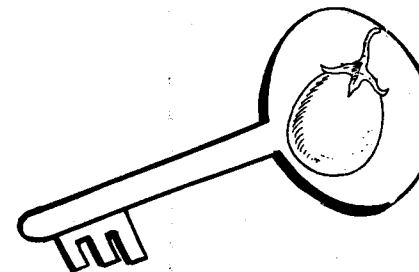
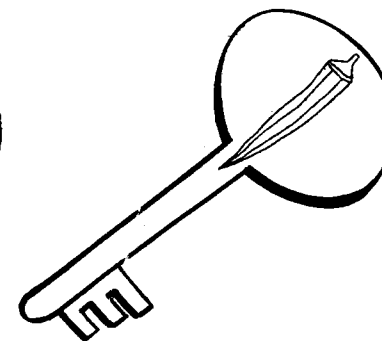
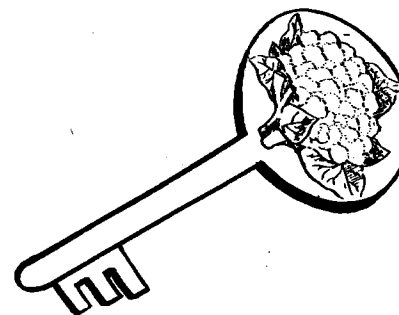
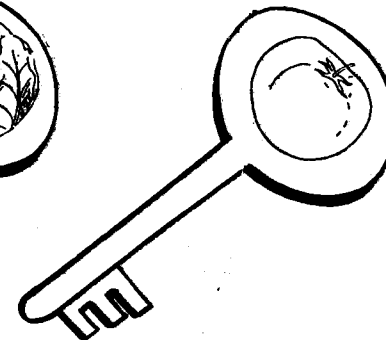
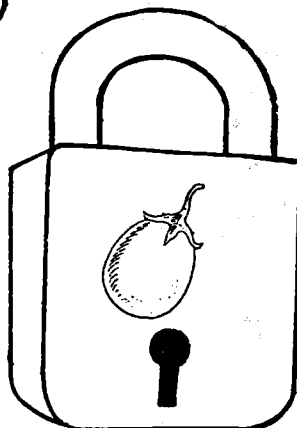
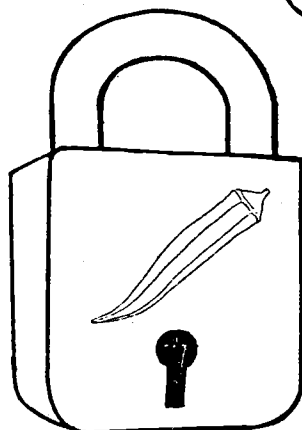
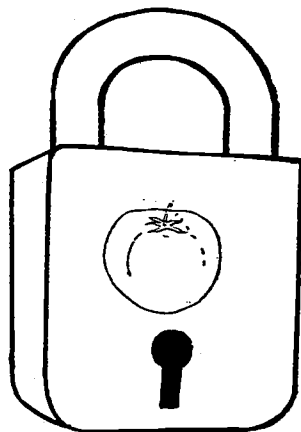
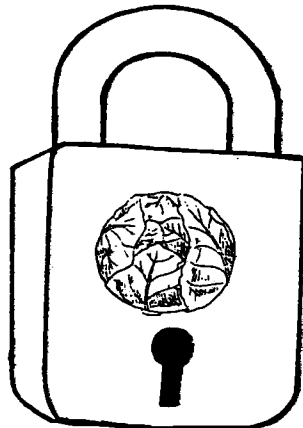
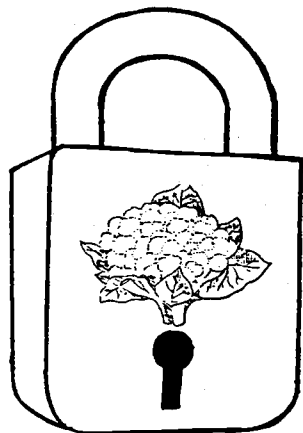


Peas

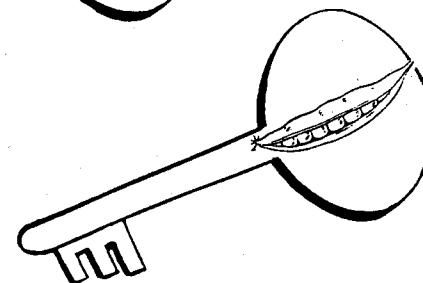
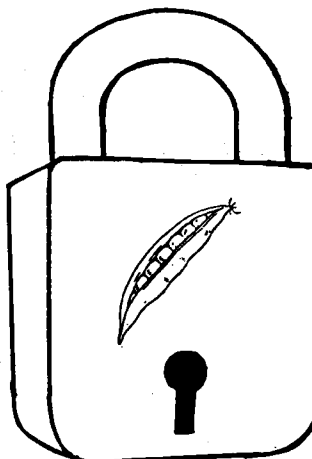
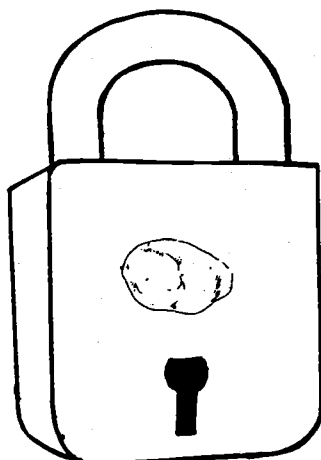
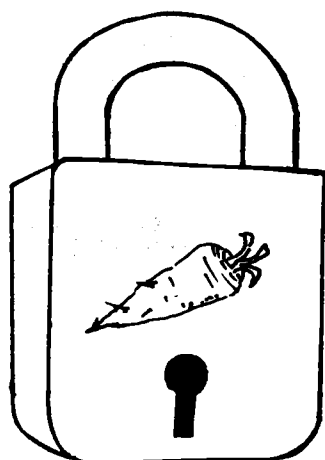
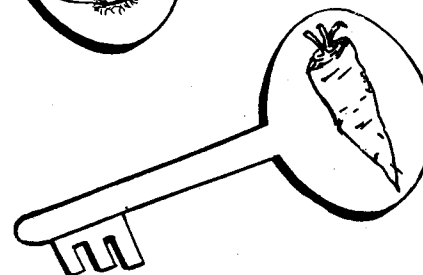
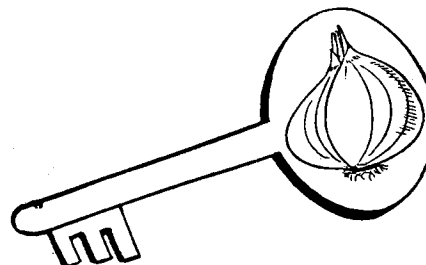
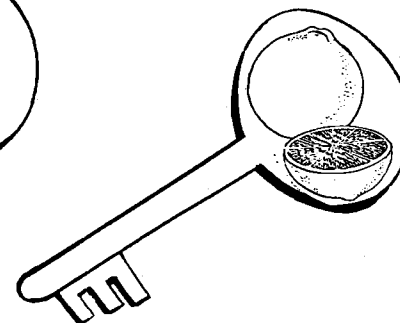
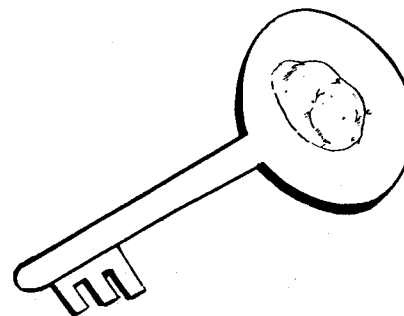
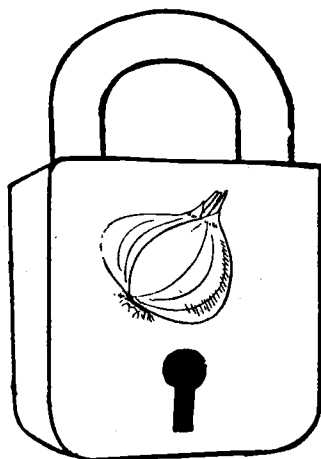
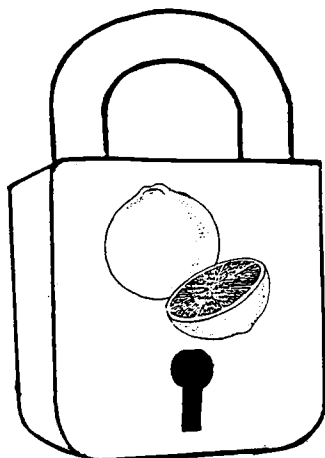


Tomato

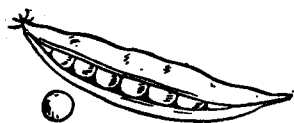
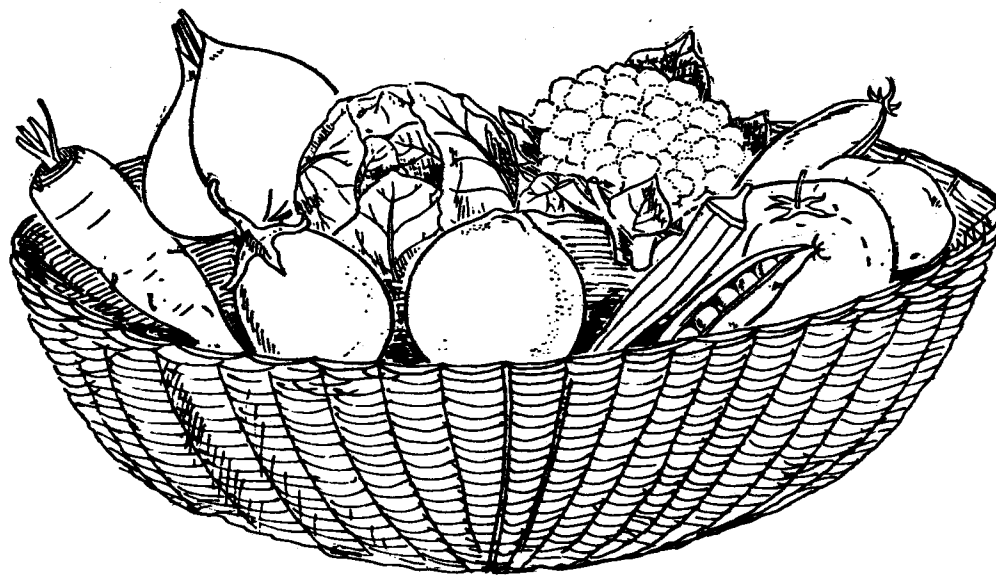
Find the right key to its lock.



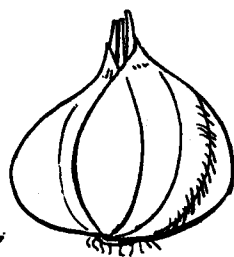
Find the right key to its lock.



Connect the pictures by drawing a line.



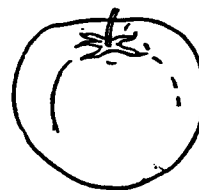
Peas



Onion



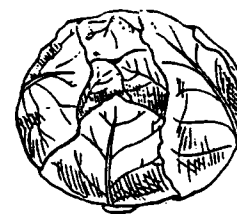
Lady's finger



Tomato



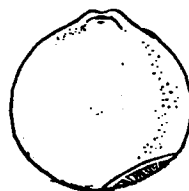
Potato



Cabbage



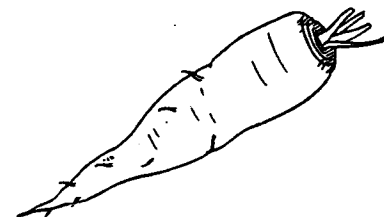
Cauli flower



Lemon



Brinjal



Carrot

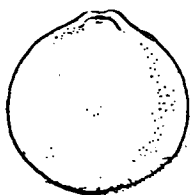
Match the pictures.



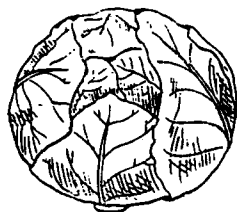
Lady's finger



Carrot



Lemon



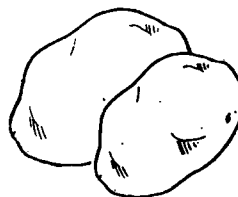
Cabbage



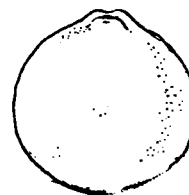
Potato



Peas



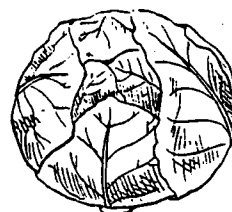
Potato



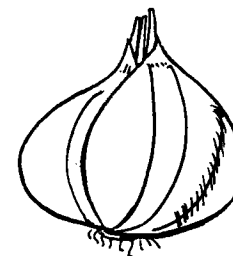
Lemon



Carrot



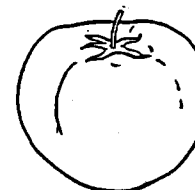
Cabbage



Onion



Lady's finger

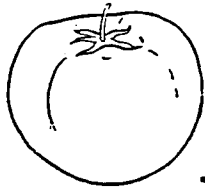


Tomato

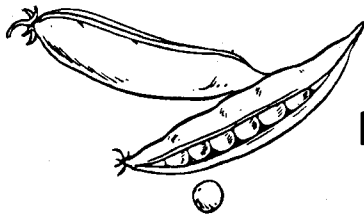


Cauli flower

Match the pictures.



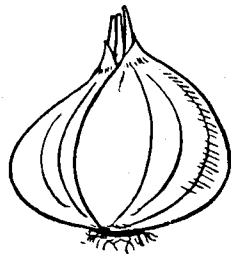
Tomato



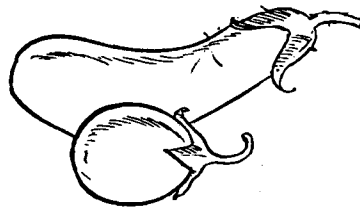
Peas



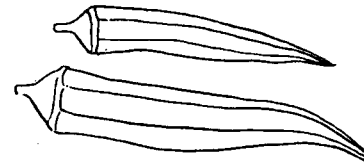
Cauli flower



Onion



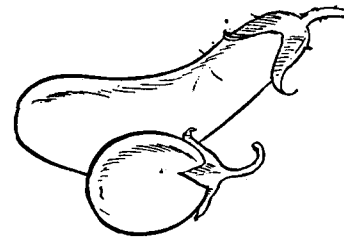
Brinjal



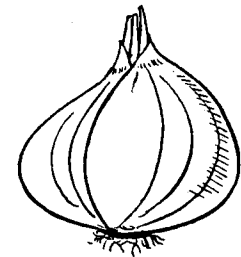
Lady's finger



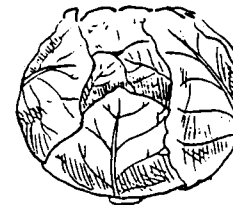
Cauli flower



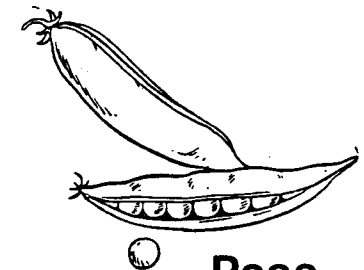
Brinjal



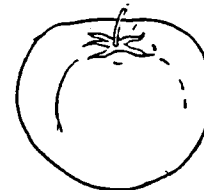
Onion



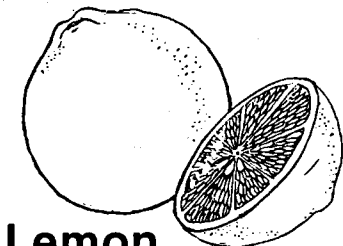
Cabbage



Peas

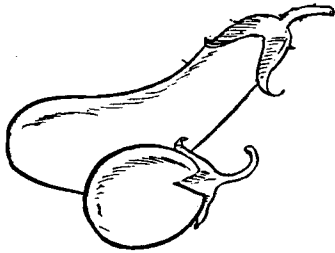


Tomato



Lemon

Match the picture with the word.



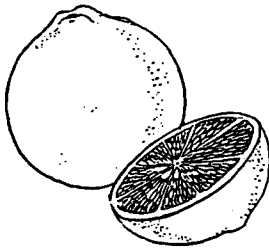
Brinjal

Cauli flower

Brinjal

Onion

Carrot



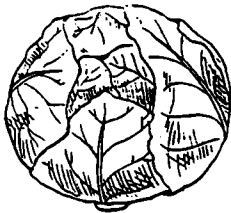
Lemon

Lemon

Cabbage

Brinjal

Lady's finger



Cabbage

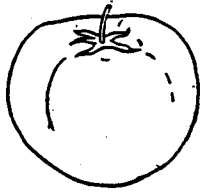
Peas

Carrot

Cauli flower

Cabbage

Match the picture with the word.



Tomato

Peas

Tomato

Brinjal

Lemon



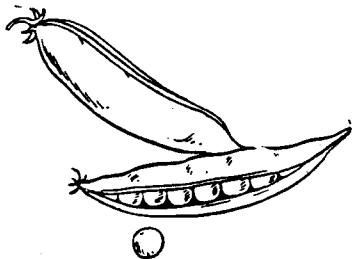
Cauli flower

Onion

Brinjal

Lemon

Cauli flower



Peas

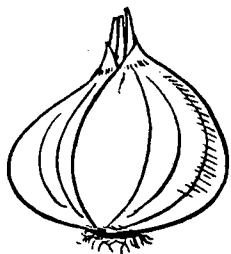
Carrot

Peas

Tomato

Lady's finger

Match the picture with the word.



Onion

Potato

Onion

Lady's finger

Carrot



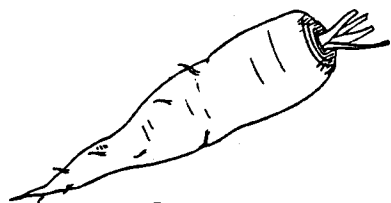
Potato

Cabbage

Carrot

Onion

Potato



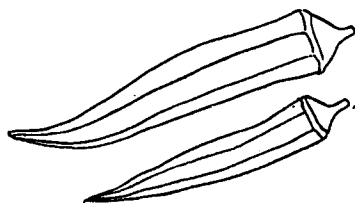
Carrot

Cabbage

Carrot

Lemon

Potato



Lady's finger

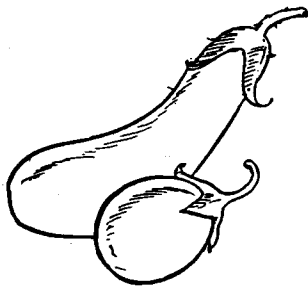
Onion

Potato

Lady's finger

Lemon

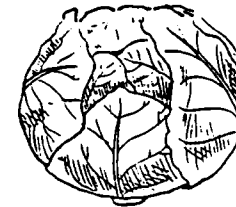
Circle the correct word.



Cauli flower

Onion

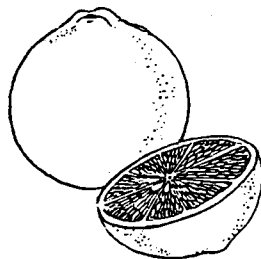
Brinjal



Cabbage

Brinjal

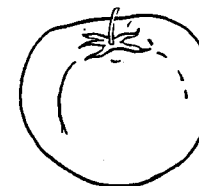
Peas



Tomato

Lemon

Carrot

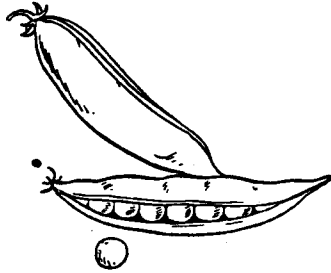


Onion

Peas

Tomato

Circle the correct word.



Lemon

Peas

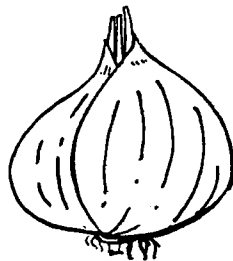
Potato



Cauli flower

Tomato

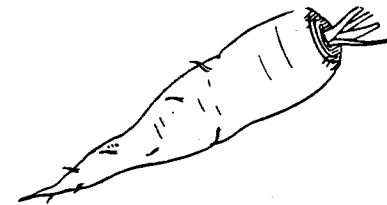
Lemon



Brinjal

Cabbage

Onion

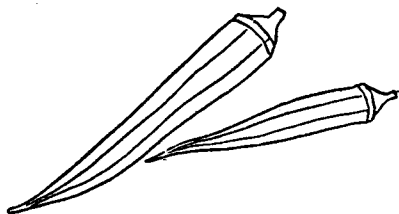


Lady's finger

Carrot

Tomato

Circle the correct word.



Lady's finger

Potato

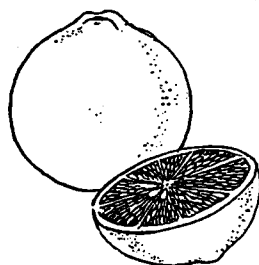
Brinjal



Onion

Tomato

Potato



Cabbage

Lemon

Peas

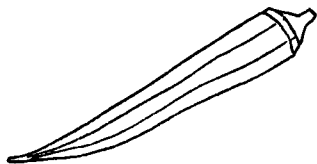
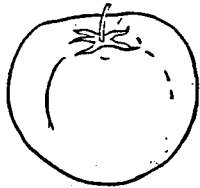
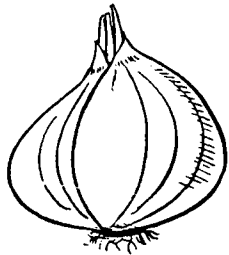
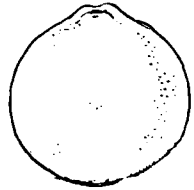
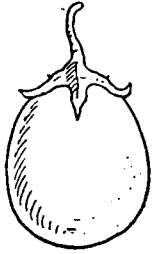


Tomato

Cauli flower

Carrot

Connect the vegetable to its name.



Carrot

Peas

Cauli flower

Onion

Tomato

Cabbage

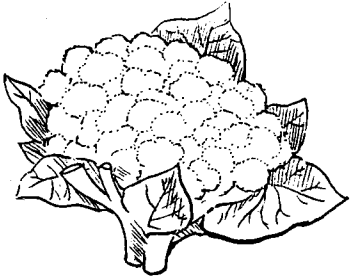
Potato

Brinjal

Lemon

Lady's finger

Connect the vegetable to its name.



Carrot

Peas

Cauli flower

Onion

Tomato

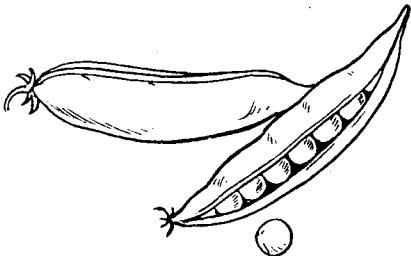
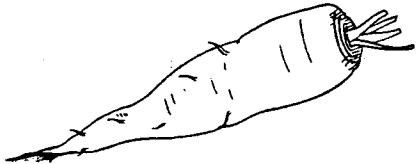
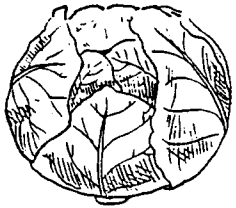
Cabbage

Potato

Brinjal

Lemon

Lady's finger



Match the words by Circling.

Brinjal	Cauli flower	Peas	Brinjal	Tomato
Lemon	Potato	Carrot	Lemon	Onion
Cabbage	Onion	Cabbage	Lady's finger	Potato
Tomato	Carrot	Lady's finger	Cauli flower	Tomato
Cauli flower	Potato	Brinjal	Carrot	Cauli flower
Peas	Lemon	Cabbage	Lady's finger	Peas
Onion	Lady's finger	Lemon	Onion	Carrot
Potato	Cabbage	Potato	Tomato	Brinjal
Lady's finger	Cauli flower	Onion	Lady's finger	Cabbage
Carrot	Onion	Carrot	Cabbage	Tomato

Match the words.

Brinjal

Lemon

Cabbage

Tomato

Cauli flower

Peas

Onion

Potato

Lady's finger

Carrot

Cauli flower

Onion

Lady's finger

Peas

Lemon

Carrot

Cabbage

Brinjal

Tomato

Potato

Match the words.

Lady's finger

Onion

Potato

Peas

Lemon

Carrot

Cabbage

Brinjal

Tomato

Cauli flower

Peas

Lemon

Cabbage

Tomato

Cauli flower

Brinjal

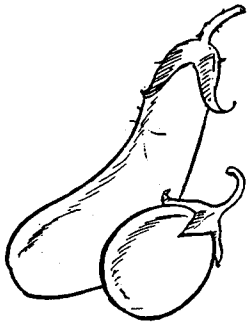
Onion

Potato

Lady's finger

Carrot

Trace.



Brinjal

Brinjal

Brinjal

Brinjal

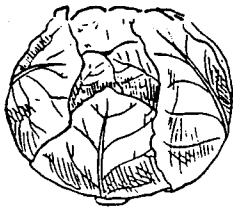
Brinjal

Brinjal

Brinjal

Brinjal

Brinjal



Cabbage

Cabbage

Cabbage

Cabbage

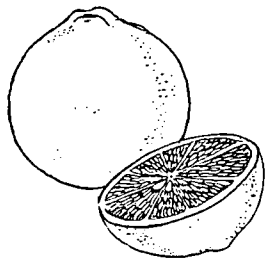
Cabbage

Cabbage

Cabbage

Cabbage

Cabbage



Lemon

Lemon

Lemon

Lemon

Lemon

Lemon

Lemon

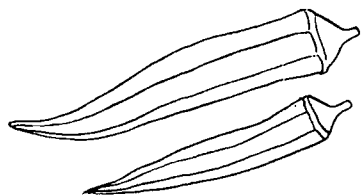
Lemon

Lemon

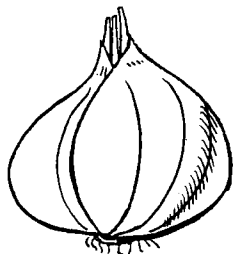
Trace.



Cauli flower Cauli flower Cauli flower
Cauli flower Cauli flower Cauli flower
Cauli flower Cauli flower Cauli flower

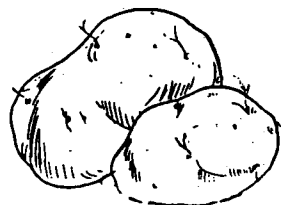


Lady's finger Lady's finger Lady's finger
Lady's finger Lady's finger Lady's finger
Lady's finger Lady's finger Lady's finger



Onion Onion Onion
Onion Onion Onion
Onion Onion Onion

Trace.



Potato

Potato

Potato

Potato

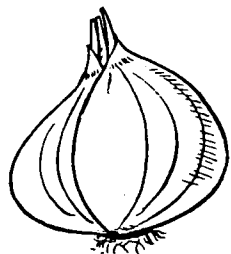
Potato

Potato

Potato

Potato

Potato



Onion

Onion

Onion

Onion

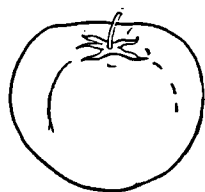
Onion

Onion

Onion

Onion

Onion



Tomato

Tomato

Tomato

Tomato

Tomato

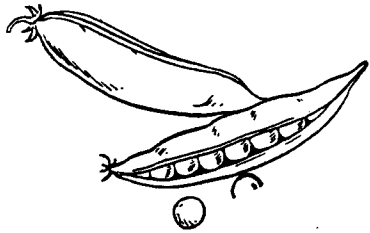
Tomato

Tomato

Tomato

Tomato

Trace.



Peas

Peas

Peas

Peas

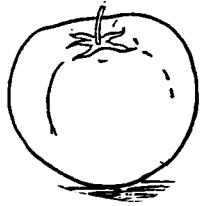
Peas

Peas

Peas

Peas

Peas



Tomato

Tomato

Tomato

Tomato

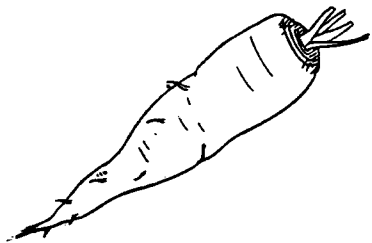
Tomato

Tomato

Tomato

Tomato

Tomato



Carrot

Carrot

Carrot

Carrot

Carrot

Carrot

Carrot

Carrot

Carrot

Trace.

Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion
Brinjal	Carrot	Cabbage	Lady's finger	Onion

Trace.

Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas
Cauli flower	Potato	Tomato	Lemon	Peas

Copy the words.

Carrot	Lady's finger	Potato	Cabbage	Peas

Copy the words.

Brinjal	Lemon	Cauli flower	Tomato	Onion

Choose and write the correct word.

Carrot

Tomato

Brinjal

Cauli flower

Lady's finger

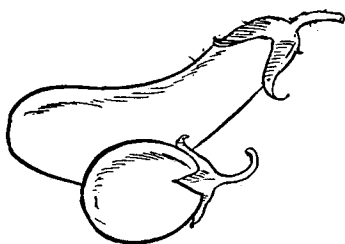
Lemon

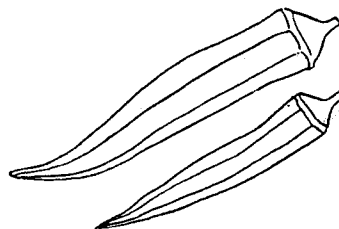
Peas

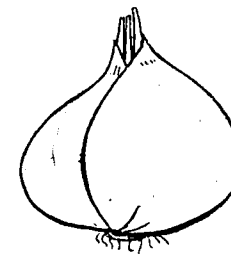
Onion

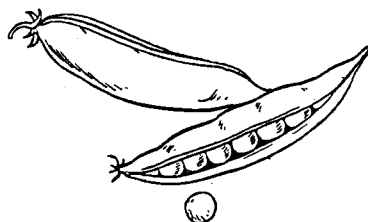
Potato

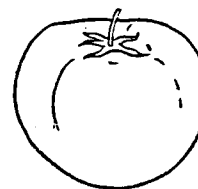
Cabbage











Choose and write the correct word.

Tomato

Lady's finger

Brinjal

Peas

Potato

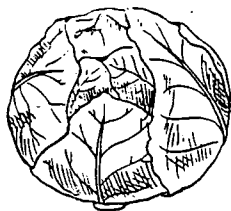
Onion

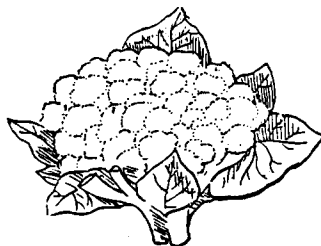
Carrot

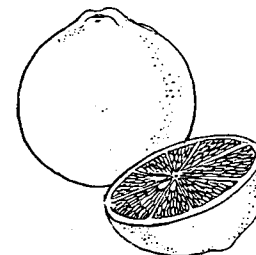
Lemon

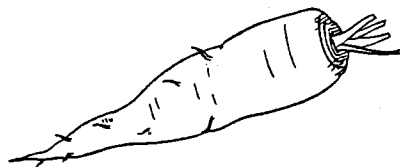
Cauli flower

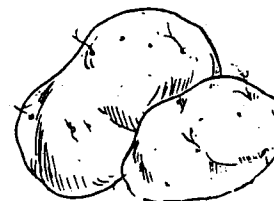
Cabbage



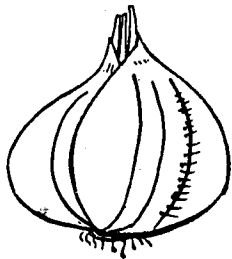








Fill in the blanks.



Onio__

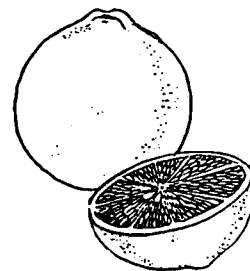
O__i__n

On____

O____n

__ni__n

O____



Lemo__

L__m__n

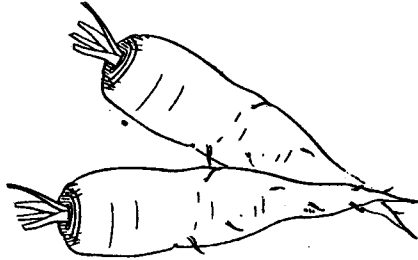
Le____

L____o__

____m__n

L____

Fill in the blanks.



Carro__

C__rr__t

Ca__r__

C__ro__

C_____t

__ar__t

C_____



Potat__

P__ta__o

Po____t__

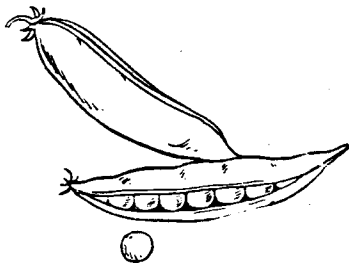
P____t__

P____o

__o__at__

P_____

Fill in the blanks.

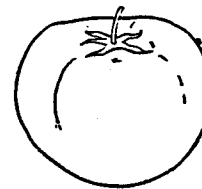


Pea__

P____s

____s

P_____



Tomat__

T__m____o

T____t__

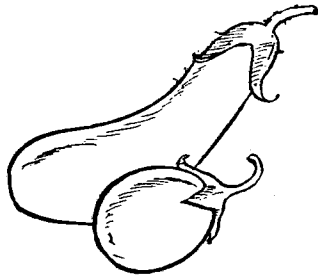
To_____

__o__a__o

____m__to

T_____

Fill in the blanks.



Brinja__

Br__ __j__l

B__i__j__l

Br__ __ __al

B__ __ __ __a__

B__ __ __ __ __l

__ri__j__

B__ __ __ __ __



Cabbag__

C__bb__ __e

Ca__ __a__ __

C__ __b__g__

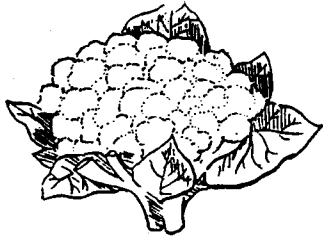
C__ __ __ __g__

Ca__ __a__ __

C__ __ __ __ __e

C__ __ __ __ __

Fill in the blanks.



Cauli flowe__

C__ul__fl__w__r

Ca__if__w__r

C__l__f__we__

Ca__f__w__r

Cau__ow__r

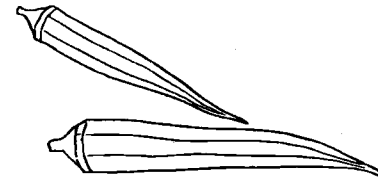
C__fl__w__r

C__i__ow__r

C__ul__o__r

C____r

C_____



Lady's finge__

L__dy's__in__er

L__y's f__g__r

La__f__g__

L__d__f__n__

Lad__fi__

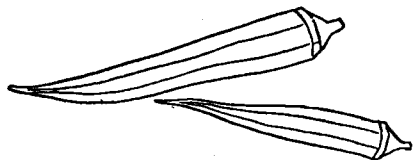
L__fi__

L__d__in__

__ad__fi__r

L_____

Complete the word.



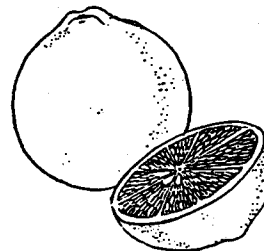
L.....



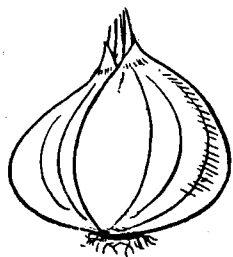
C.....



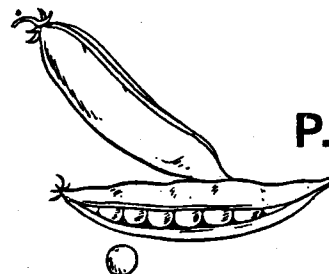
P.....



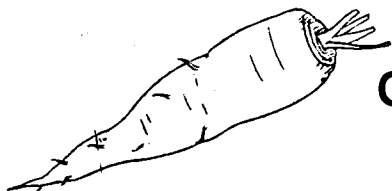
L.....



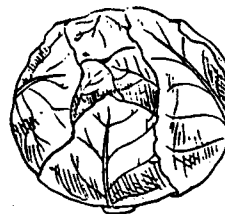
O.....



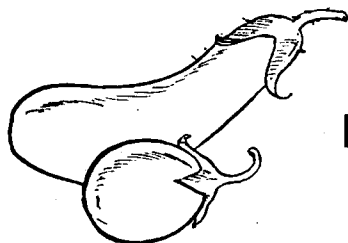
P.....



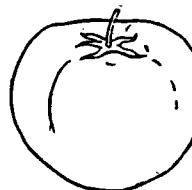
C.....



C.....



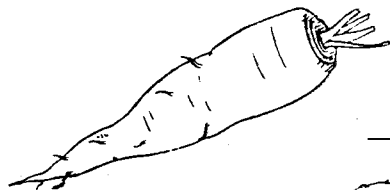
B.....

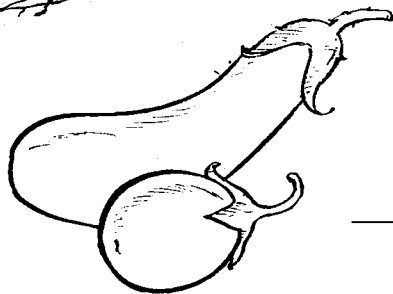


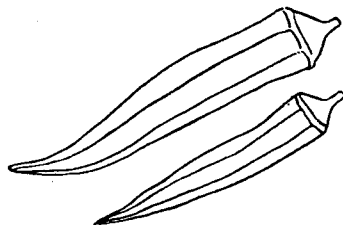
T.....

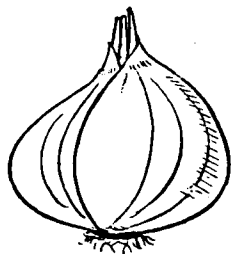
Write the name of the vegetable.

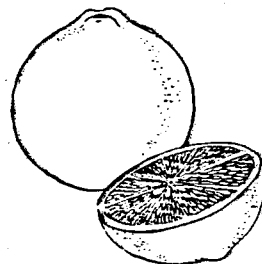


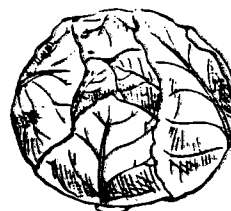


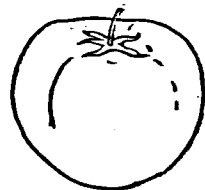




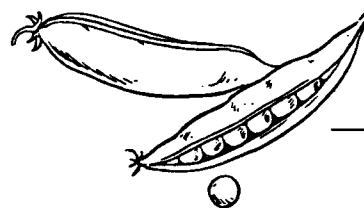








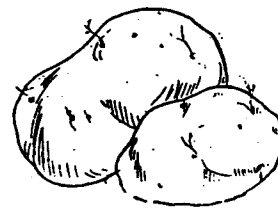




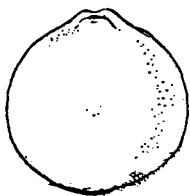
Teacher to explain.



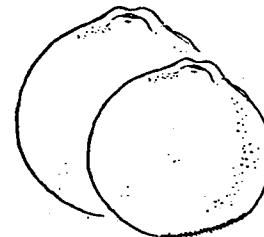
Potato



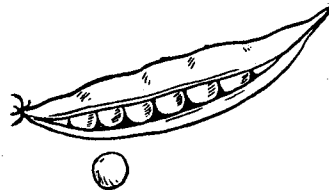
Potatoes



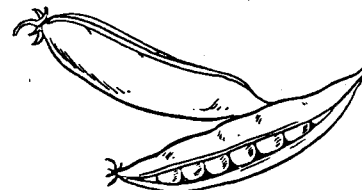
Lemon



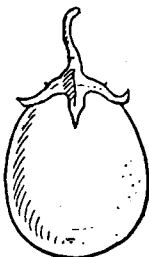
Lemon



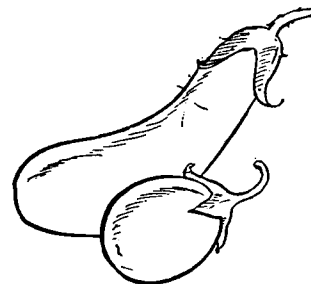
Peas



Peas



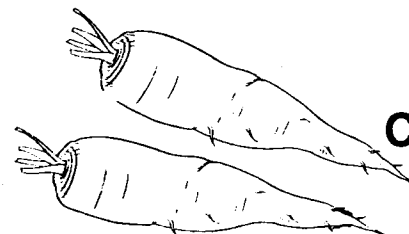
Brinjal



Brinjals

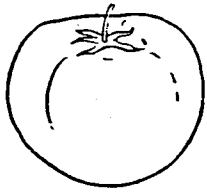


Carrot

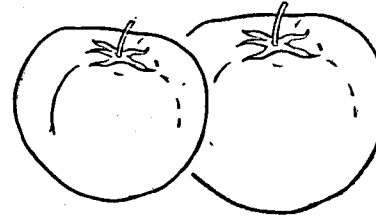


Carrots

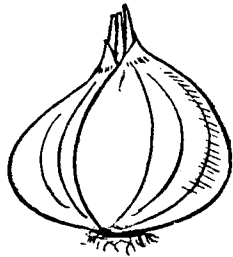
Teacher to explain.



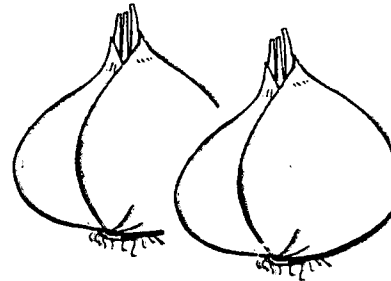
Tomato



Tomatoes



Onion



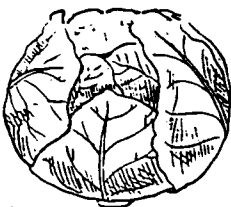
Onions



Cauli flower



Cauli flowers



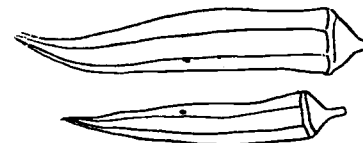
Cabbage



Cabbages

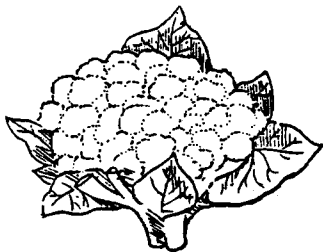


Lady's finger

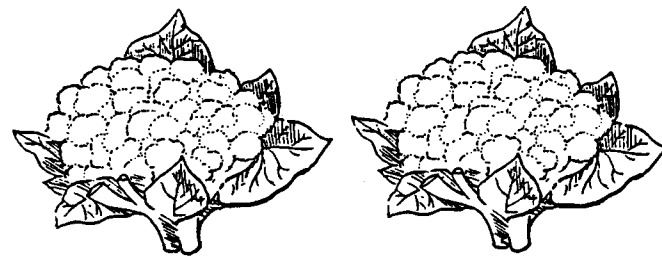


Lady's fingers

Teacher to explain.



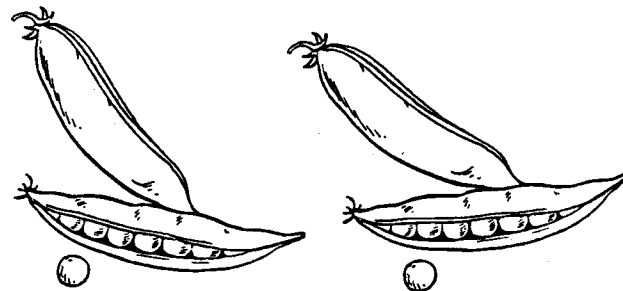
This is a cauli flower.



These are cauli flowers.

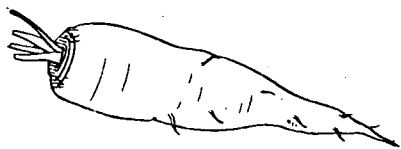


This is a pea.

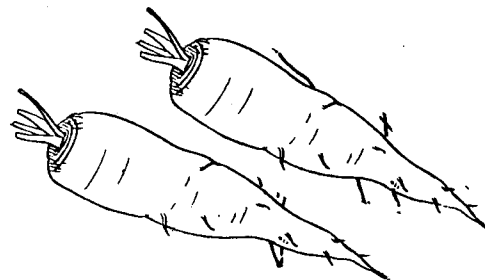


These are peas.

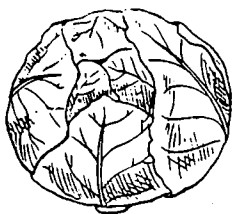
Teacher to explain.



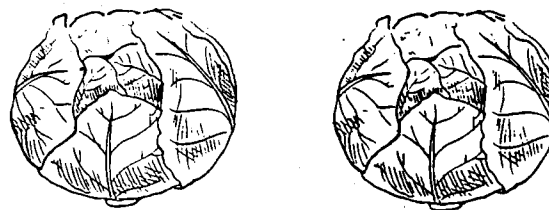
This is a carrot.



These are carrots.

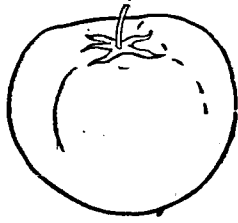


This is a cabbage.

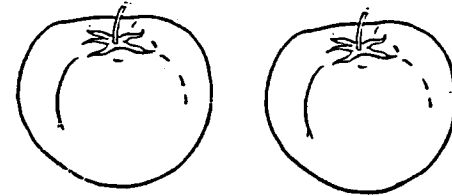


These are cabbages.

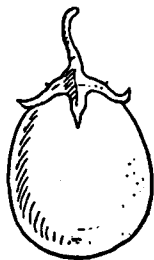
Teacher to explain.



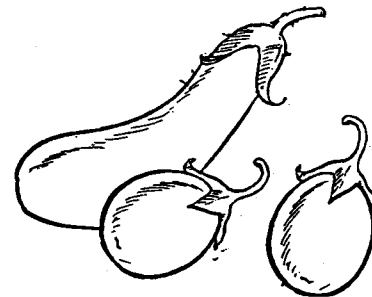
This is a tomato.



These are tomatoes.



This is a brinjal.



These are brinjals.

Fill in the blanks.



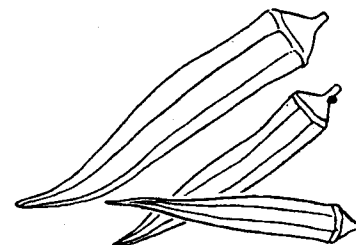
This is a _____.



These are _____.

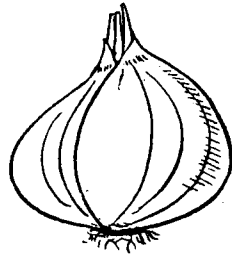


This is a _____.

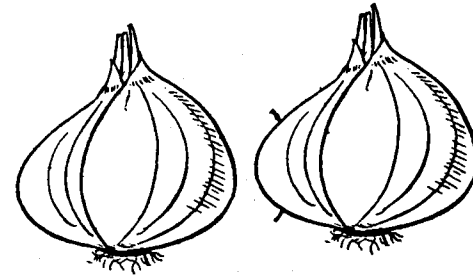


These are _____.

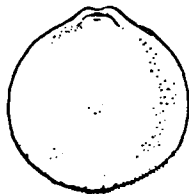
Fill in the blanks.



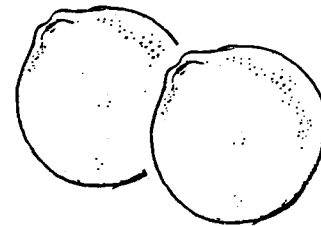
This is an _____.



These are _____.



This is a _____.



These are _____.

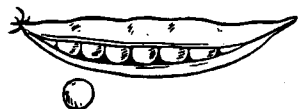
Fill in the blanks.



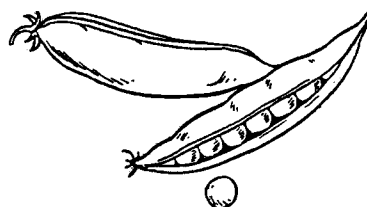
This is a _____.



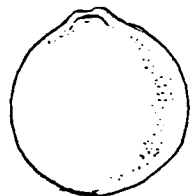
These are _____.



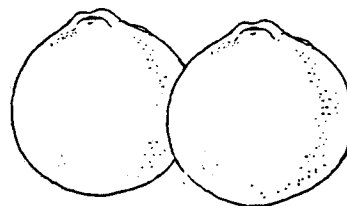
This is _____.



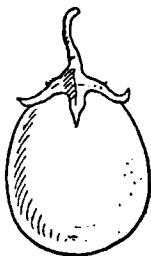
These are _____.



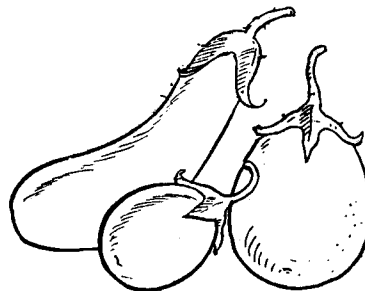
This is a _____.



These are _____.



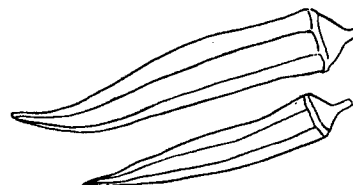
This is a _____.



These are _____.

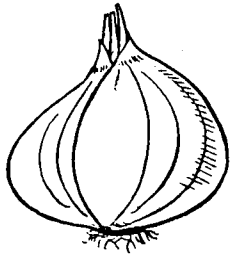


This is a _____.

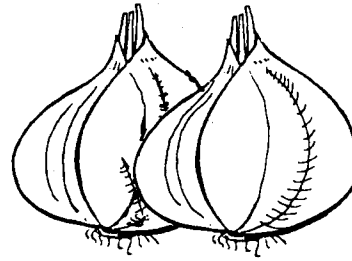


These are _____.

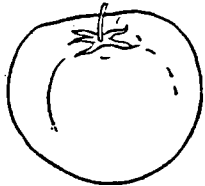
Fill in the blanks.



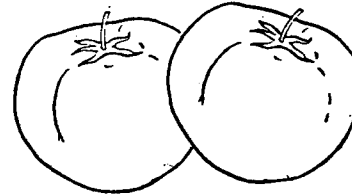
This is an _____.



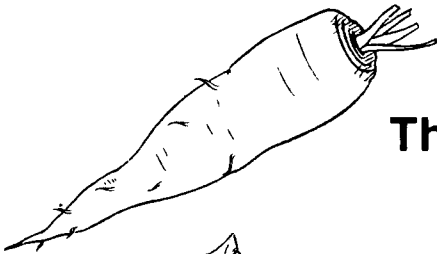
These are _____.



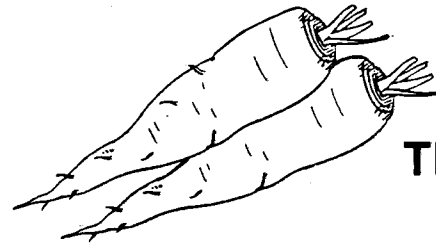
This is a _____.



These are _____.



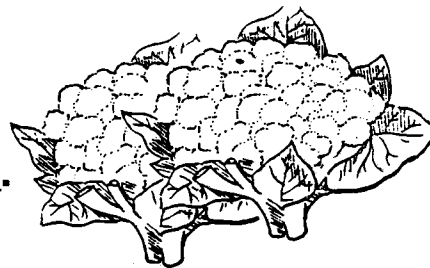
This is a _____.



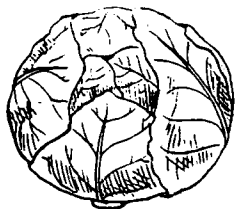
These are _____.



This is a _____.



These are _____.

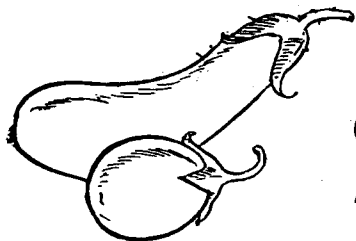


This is a _____.



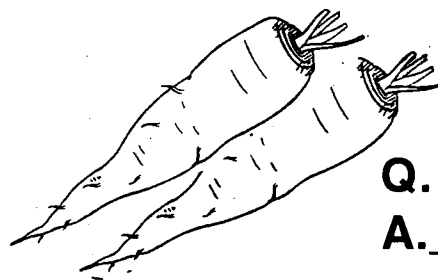
These are _____.

Answer the questions.



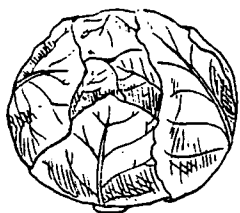
Q. What are these ?

A. _____



Q. What are these ?

A. _____



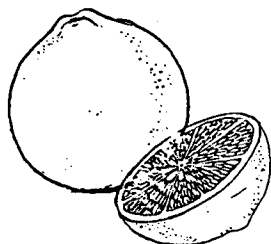
Q. What is this ?

A. _____



Q. What is this ?

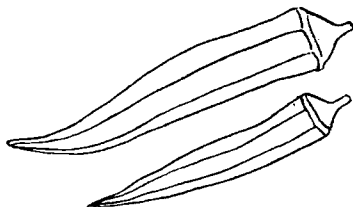
A. _____



Q. What are these ?

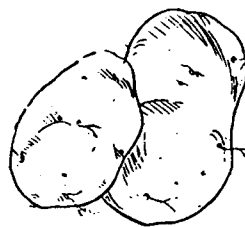
A. _____

Answer the questions.



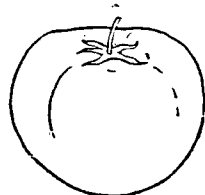
Q. What are these ?

A. _____



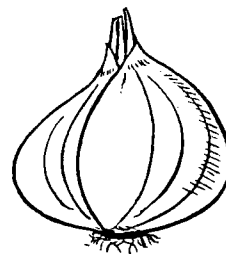
Q. What are these ?

A. _____



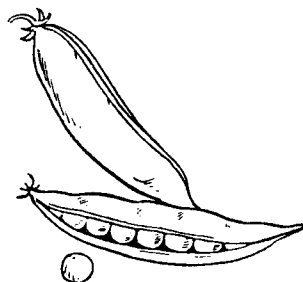
Q. What is this ?

A. _____



Q. What is this ?

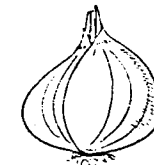
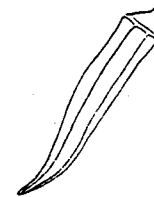
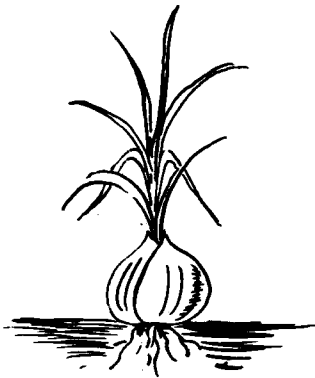
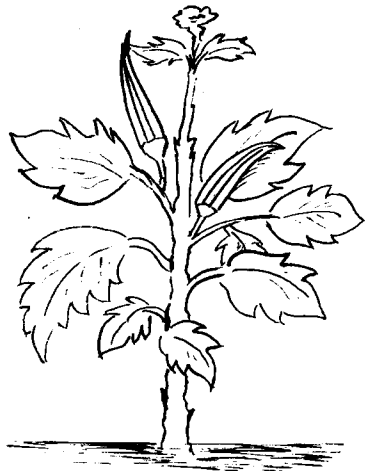
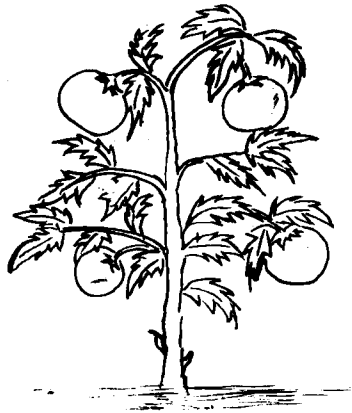
A. _____



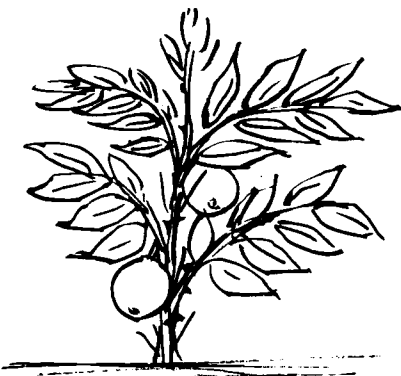
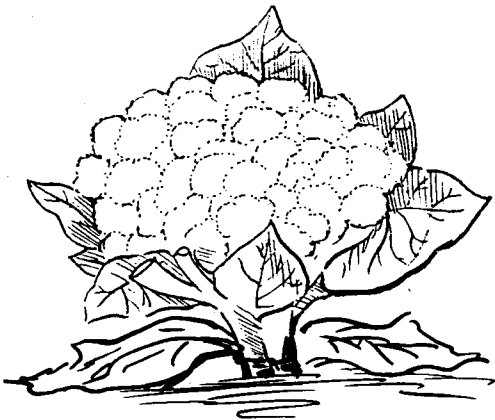
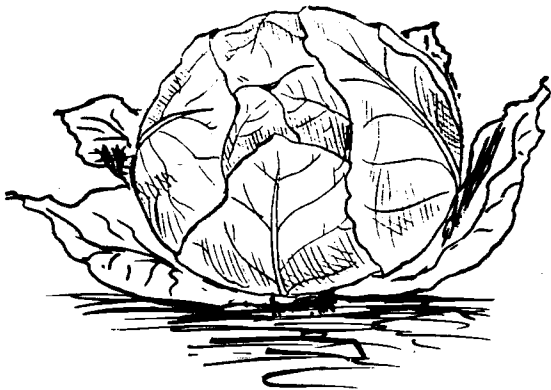
Q. What are these ?

A. _____

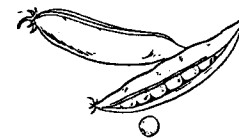
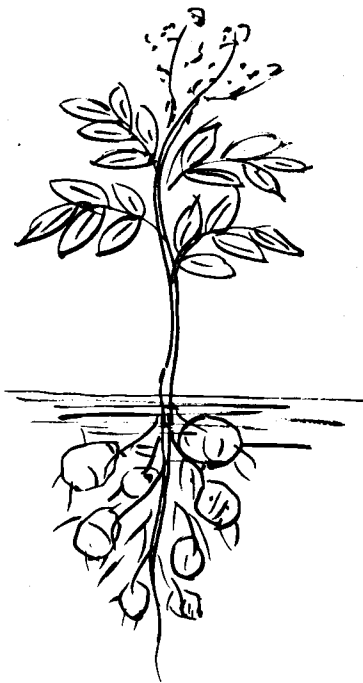
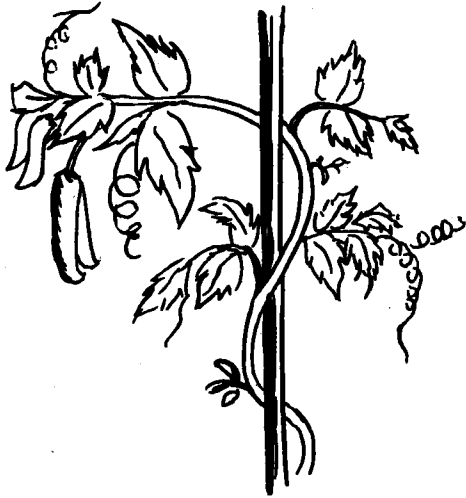
Connect the vegetable to its plant.



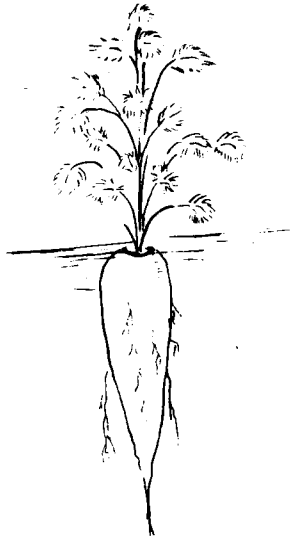
Connect the vegetable to its plant.



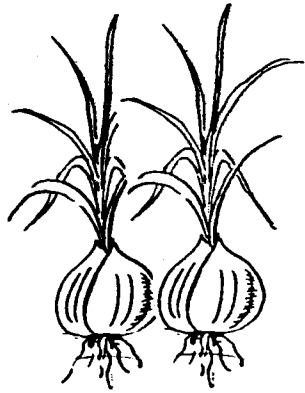
Connect the vegetable to its plant.



Connect the vegetable to its plant.



ONION



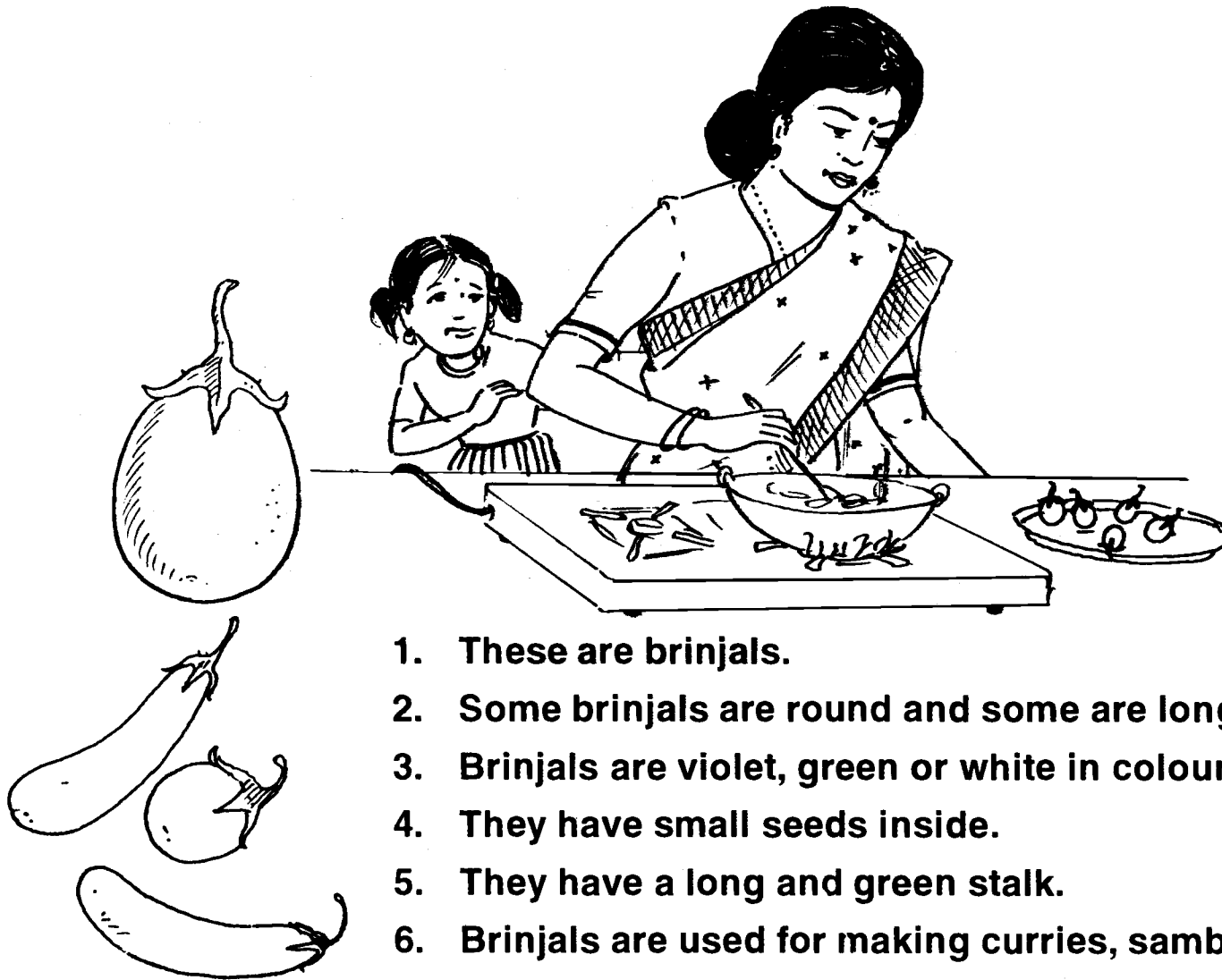
1. This is an onion.
2. It has a thin skin.
3. It is pink or white in colour.
4. Cutting onions brings tears in the eyes.
5. Onion has a strong smell.
6. It is eaten raw.
7. Onions are used for making curries and omlette.
8. They are also used for making salad.
9. Onion leaves are used for cooking.
10. What else can be made out of onions ? Sizzling Pakodas!

POTATO



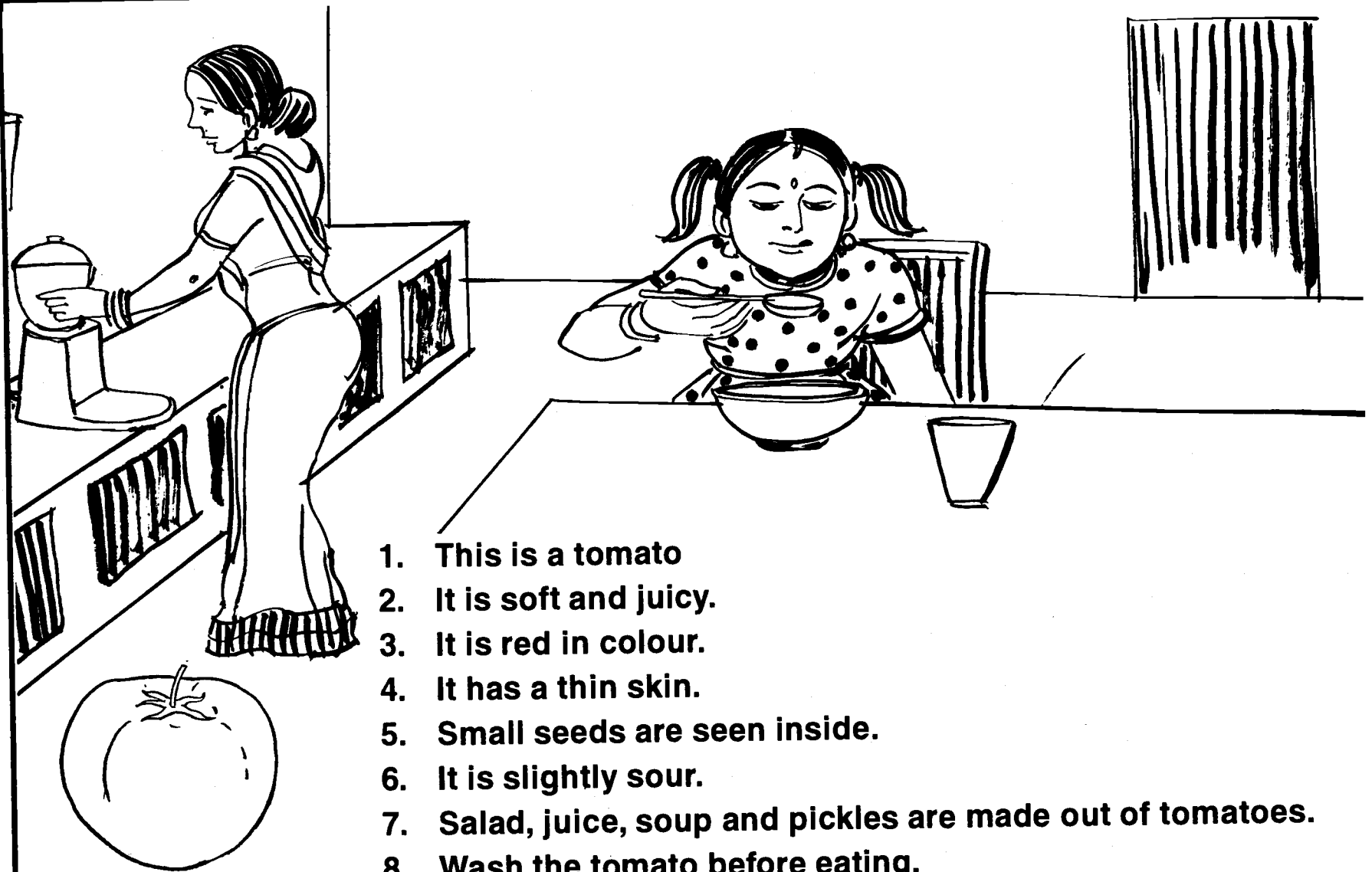
1. These are potatoes.
2. They are light brown in colour.
3. Potatoes grow under the ground.
4. Potatoes are used for making chips.
5. They are dried and stored.
6. Fried potatoes are very tasty.
7. We can also make alu-parotas, alu-bajji, alu-bonda and samosas.
8. Would you like to make a simple snack out of potatoes?
9. Boil the potatoes. Peel the skin, cut them into pieces, sprinkle salt and pepper. Eat (if you want, you can add curd). Is it not simple to make?

BRINJAL



1. These are brinjals.
2. Some brinjals are round and some are long in shape.
3. Brinjals are violet, green or white in colour.
4. They have small seeds inside.
5. They have a long and green stalk.
6. Brinjals are used for making curries, sambar and chutneys.
7. Have you eaten brinjal curry?
8. Do you like it?

TOMATO



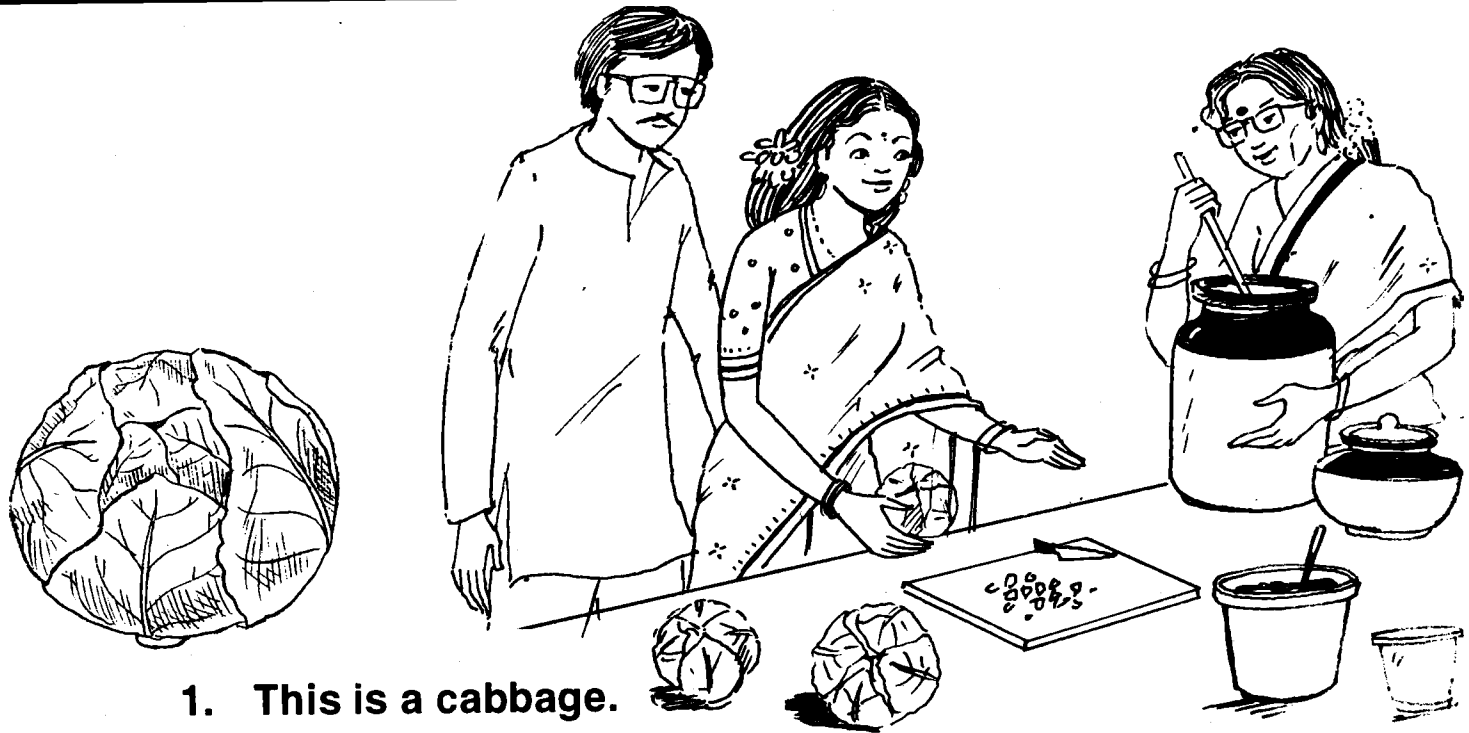
1. This is a tomato
 2. It is soft and juicy.
 3. It is red in colour.
 4. It has a thin skin.
 5. Small seeds are seen inside.
 6. It is slightly sour.
 7. Salad, juice, soup and pickles are made out of tomatoes.
 8. Wash the tomato before eating.
- Eat the tomato, tell us how it tastes.

LADY'S FINGER



1. These are lady's fingers.
2. Lady's fingers are long.
3. They are green in colour.
4. They have small seeds inside.
5. Lady's finger can be dried and stored.
6. Stuffed lady's finger is very tasty to eat.
7. Lady's finger can be used to make sambar and fry.
8. Cut lady's fingers and touch them.
9. How do you feel ?

CABBAGE

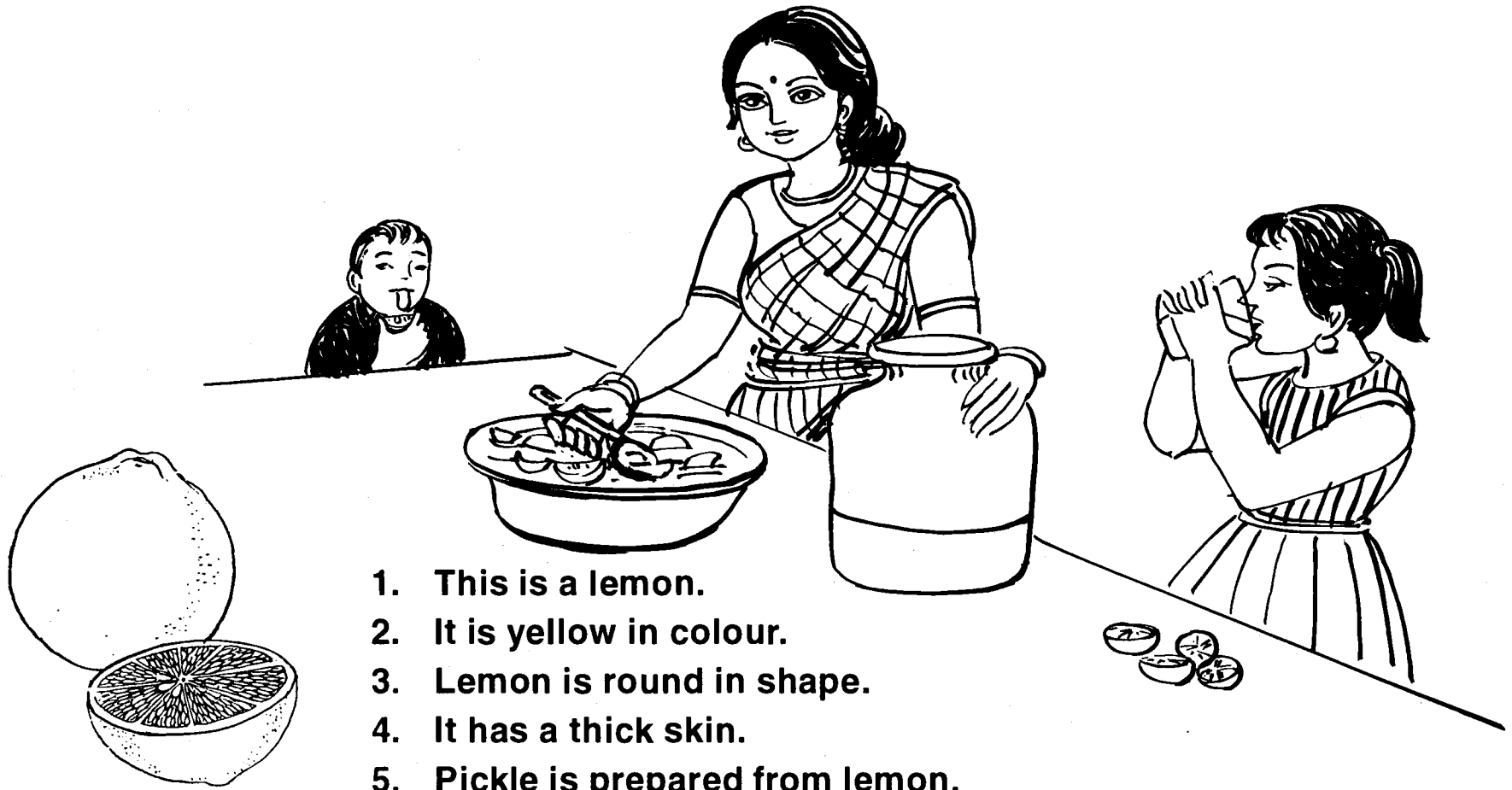


1. This is a cabbage.
2. It is a leafy vegetable.
3. It is round in shape.
4. It has a short stem.
5. It is used in salad and kofta.
6. Cabbage is used for making pickle.
7. Would you like to make a salad ?

TRY THIS

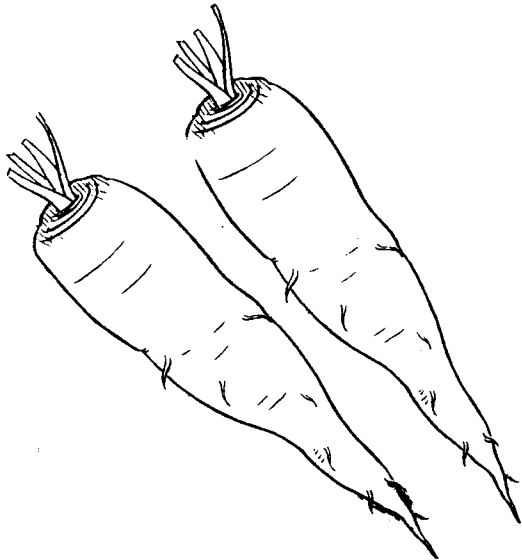
Soak green gram dal in water. Chop the cabbage into fine pieces. Mix the soaked green gram dal and the chopped cabbage. Add salt, a bit of lemon juice and coriander leaves. Taste it.

LEMON



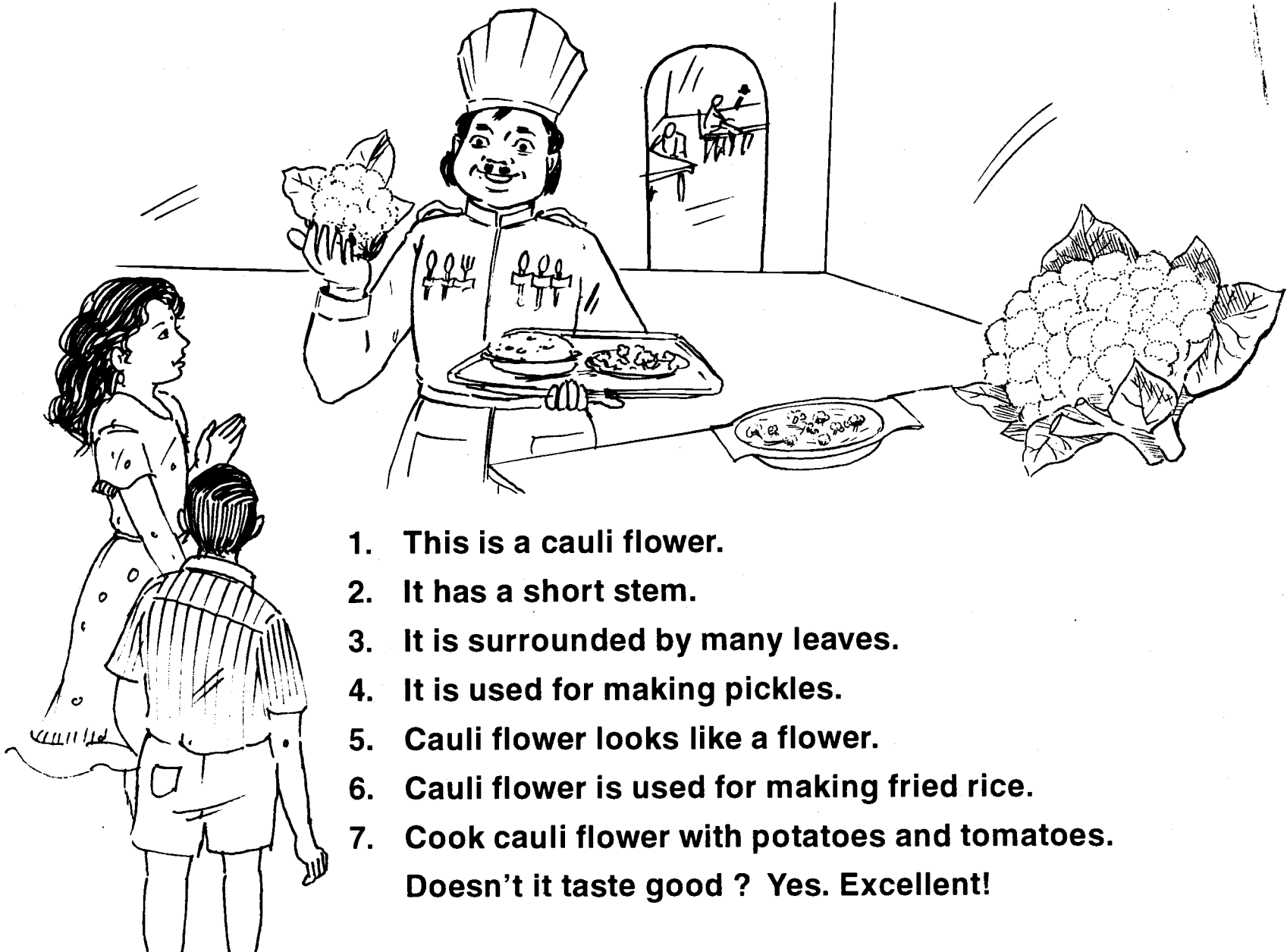
1. This is a lemon.
2. It is yellow in colour.
3. Lemon is round in shape.
4. It has a thick skin.
5. Pickle is prepared from lemon.
6. It has small seeds inside.
7. It is used for making juice.
8. It is quite sour in taste.
9. Have you tasted lemon pickle ?
How did it taste?

CARROT



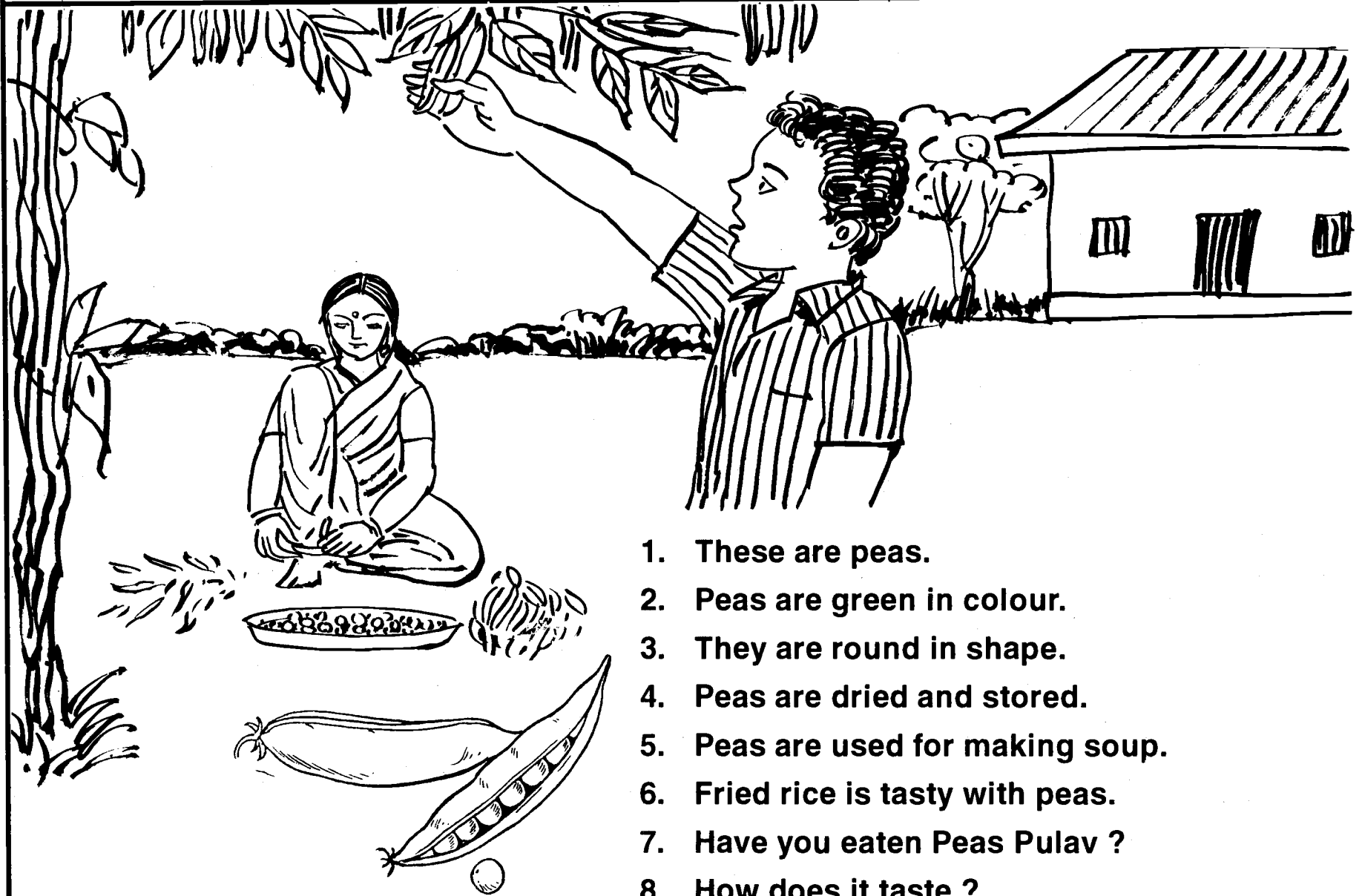
1. These are carrots.
2. They are orange in colour.
3. They grow under the ground.
4. Carrots are eaten raw.
5. They are long in shape.
6. Carrots are used for making salad and halwa.
7. Carrots are used for making pickles also.
8. Raw carrots are good for health.
9. Have you seen a carrot ?
10. Have you eaten a carrot ?

CAULI FLOWER



1. This is a cauli flower.
 2. It has a short stem.
 3. It is surrounded by many leaves.
 4. It is used for making pickles.
 5. Cauli flower looks like a flower.
 6. Cauli flower is used for making fried rice.
 7. Cook cauli flower with potatoes and tomatoes.
- Doesn't it taste good ? Yes. Excellent!

PEAS



1. These are peas.
2. Peas are green in colour.
3. They are round in shape.
4. Peas are dried and stored.
5. Peas are used for making soup.
6. Fried rice is tasty with peas.
7. Have you eaten Peas Pulav ?
8. How does it taste ?

Answer the following.

- 1. Write the names of two vegetables which start with the letter 'P'.**

- 2. Write the names of two vegetables which start with the letter 'C'.**

- 3. Write the names of two vegetables which start with the letter 'L'.**

- 4. Write the names of two vegetables with which pickles can be made.**

- 5. Write the names of two vegetables with which juices can be prepared.**

- 6. Write the names of two vegetables which grow below the ground.**
