



## Spices That Heal Us

### From text to thought–

#### Let's Recall:

Find the spice hidden in the riddle—then draw what it looks like.

1. canberemoved
2. Clove
3. Turmeric
4. Black pepper
5. Cumin seeds
6. Cinnamon
7. Cardamom

### REFERENCE TO THE CONTEXT–

*“I am happy that the natural cures that I had shared, helped you. You should try to remember these cures and may share them with your friends. When I was a child, I learnt them from my grandmother. She used to find home remedies for most of the weather-related common illnesses.”*

Let me share some of the benefits of the spices that most of us have in our kitchen.

#### 1. Who is the narrator of the above lines?

The narrator is the person who shared the natural cures with the children.

#### 2. Who taught the narrator about the home remedies?

The narrator's grandmother taught her about the home remedies.

#### 3. Name some of the spices found in Indian kitchens.

Turmeric, clove, pepper, cumin, cinnamon, cardamom, red chilli are some spices found in India kitchens.

### THINK AND ANSWER–

Answer the following questions briefly.

#### 1. How did the knowledge of home remedies pass from one generation to the next? Give evidence from the text to support your answer.

The knowledge passed from one generation to the next through elders. The narrator learnt it from her grandmother.

#### 2. Who shared the home remedies with the children? Why did she ask them to share with others?

The narrator shared the remedies so that others could also benefit from them.

#### 3. Give one example of a weather related illness. How can it be cured with spices?

Cold and cough can be cured using ginger, turmeric, and pepper.

## LET'S WRITE-

Date \_\_\_\_\_

Dear Grandma,

I hope you are healthy and happy. I thank you for sharing the home remedies using spices. Your ideas helped me make a wonderful presentation in school which was appreciated by everyone.

Thank you for always guiding me. I love you very much.

Yours lovingly,

Vikram

## GRAMMAR-

**Fill in the blanks with suitable modals.**

Rohan had an important science project to complete. He knew he **should** (should/shall) start working on it early, but he kept delaying it. Finally, his teacher reminded him that he **must** (must/may) submit it the next day. Rohan felt worried because he had not collected enough information. He thought he **could** (could/would) ask his elder sister for help. She told him that he **must** (might/must) use the school library to find useful books.

By evening, Rohan realized that he **can** (could/should) finish his project if he worked with full concentration. His parents also advised him that he **should** (must/should) manage his time better.

### **Activity 1: Spice Art Plate**

To be completed independently by the students.

### **Activity 2: Health Poster**

To be completed independently by the students.