

NCERT Solutions for Class 6 English (Poorvi)

Unit 3 - Nurturing Nature : Chapter 9 - Spices That Heal Us

Let us do these activities before we read.

I. A spice is any seed, fruit, root, bark, leaf or any other part of a plant used to give taste and colour 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.

Answer: Turmeric, Cloves, Cinnamon

II. 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:

S.No.	Spice	Name in your language	Name in English
1.		Manjal	Turmeric

2.		Vendhayam	Fenugreek
3.		Jeeragam	Cumin seeds
4.		Perungayam	Asafoetida
5.		Pattai	Cinnamon
6.		Clav	Clove

7.		Inji	Ginger
8.		Milagu	Black pepper
9.		Sombu	Fennel seeds
10.		Elakkai	Cardamom

Let us think and reflect

I. Read the given lines and answer the following questions.

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

1. Where exactly in the kitchen did her grandmother find the cures?

Ans: Here are the spices commonly kept in the kitchen in which the grandmother found the cures. She used everyday spices like haldi (turmeric), methi (fenugreek), jeera (cumin), and others for natural remedies.

2. Give one example of weather-related common illnesses.

Ans: One example of a weather-related common illness is a common cold and cough. This can be treated with natural remedies like ginger (adrak) or neem leaves.

3. What kind of relationship did the speaker have with her grandmother?

Ans: The speaker had a very close and loving relationship with her grandmother which was marked by trust and learning. The grandmother passed down valuable knowledge about natural remedies and home cures. This shows a bond of care and wisdom between them.

II. Fill in the blanks to complete the sentence.

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

Ans: Sugar level and body weight

III. Circle the spice that is not useful for body pain according to Daadi's letter.

1. Turmeric 2. Fennel seeds 3. Ginger 4. Black pepper

Ans: Fennel Seeds

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

Ans: Daadi told Vikram and Vaibhavi to pass along the natural remedies to their friends so that this knowledge would not only inform their friends, but also allow other people to make use of their simple, effective cures. Daadi wanted them to remember the remedies and she wanted this wisdom shared in their community.

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

Ans: Daadi's final advice to Vikram and Vaibhavi was to continue learning about the benefits of spices and natural remedies and to consult experienced elders before using them. She also encouraged them to discover more about these cures as they grow up.

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

Ans: We see Daadi mentioning in the letter that she learned these remedies from her grandmother and is now sharing them with Vikram and Vaibhavi. This shows the transfer of traditional knowledge across generations. This is how we know that they are passed on from one generation to another.

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

Ans: The spices offer natural and easily accessible remedies for common illnesses, helping us maintain our health without relying solely on synthetic medicines. Understanding these properties help us to make better use of everyday kitchen ingredients for our well-being and to pass on this valuable knowledge to future generations. This is why it is important to know about the healing properties of spices.

Let us learn

I. 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				

Ans:

Spice	Name	Part of the plant	Colour	Texture	Taste
	Turmeric	Root	Yellow	Rough	Bitter
	Fenugreek	Seeds	Brown	Rough	Bitter

	Cinnamon	Bark	Brown	Rough	Sweet
	Clove	Flower	Brown	Rough	Spicy
	Black pepper	Fruit	Black	Rough	Spicy
	Cardamom	Seeds	Green	Soft	Sweet

II. 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.

1. 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

(i) May	A. Past habit
(ii) Should	B. suggestion
(iii) Can	C. compulsion
(iv) Must	D. advice
(v) Need to	E. ability
(vi) Used to	F. necessity

Ans:

- May - Compulsion
- Should - Advice
- Can - ability
- Must - Necessity
- Need to - Suggestion
- Used to - Past Habit

2. Complete the following dialogues with any four modals from the table given above. (Use a modal only once.)

Ajay: Anand had 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

Ans:

(i) should

(ii) Must

(iii) Can

(iv) need to

Let us listen

You will listen to the benefits of Tulsi (Holy Basil), a common herb. As you listen, complete the factsheet given below. A transcript is given below.

Transcript:

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 sanitisers. It is used as a base for making herbal mouth wash 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 mind. Tulsi protects us from a vast range of pollutants around us.

THE WONDER HERB		
Name	Tulsi	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 Tulsi leaves by	eating them (vii) or adding while making (viii).....

Ans:

THE WONDER HERB		
Name	Tulsi	Family: (i) Lamiaceae or Mint Family
First found in	(ii) <u>North Central India</u>	
Now found	everywhere in India	
Known as	The (iii) <u>Queen</u> of 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	mouth wash and (vi) <u>herbal</u> toothpaste
We can have Tulsi leaves by	eating them (vii) <u>raw</u> or adding them while making (viii) <u>tea</u>

Let us write

I. 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

1. 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 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:

1. 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 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 cough. Have patience to see the effect as natural cures **for cough** with ginger and honey might take some time to show results.

2. 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.

II. Now, write a short paragraph on Tulsi based on the completed factsheet in 'Let us listen'.

Answer: Known as the "Queen of Herbs", Tulsi is a potent medicinal plant available throughout India. Tulsi has a wide range of medicinal properties, including lowering glucose and cholesterol levels, improvement of blood pressure, treatment of respiratory disease and digestive disease, etc. With its strong anti-bacterial properties, Tulsi is used in herbal hand sanitizers, mouthwash, and toothpaste as a remedy for bad breath and gum disease. The leaves can be ingested raw, steeped in tea, or used in multiple home remedies to relieve stress and combat pollutants.

Let us explore

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

1. 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?

Ans: Heeng

2. 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?

Ans: Ginger

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

1. Brownish- yellow in colour, and bitter to taste, I help everyone to lose their weight. Who am I?

Ans: Fenugreek (methi)

2. I'm golden and bright, used in many dishes, I heal wounds and cuts, that's my magic twist. In curries, I add color, in milk, I fight cold. What am I, in the spice world, so bold?

Ans: I am Turmeric!