Chapter 2: Have you tasted these healthy drinks yet? Class 3

CLASS NOTES-ANSWERS

- B) Answer these questions.
 - What types of drinks are healthier than cold drinks?
 Answer: Drinks made at home using natural ingredients are healthier than cold drinks.
 - 2) How does coconut water taste?
 Answer: Coconut water is cool and slightly sweet in taste.
 - 3) What drinks can be made using curd?

 Answer: Lassi, Chaas and Gondhoraj Ghol can be made using curd.
 - 4) Name some fruits that can be used to make juices.

 Answer: Ripe fruits such as papaya, sweet lime and watermelon are used to make juices. Raw mangoes can be used to make Aam Panna.
 - 5) What does Jaljeera mean?

 Answer: Jaljeera means a drink prepared with water and some spices including jeera.