

Class 3rd

Food we eat

Worksheet - 1

Ques 1: Fill in the blanks: **4 Marks**

Overeating, nutrients, carbohydrates, necessities, nectar

1. Food is one of our basic _____.
2. Honey is made from the _____ of flower.
3. A balanced diet is one that contains all the _____.
4. _____ can make you uncomfortable.

Ques 2: Write 'T' for true and 'F' for false. **5 Marks**

1. Food gives us energy to do work.
2. We always eat cooked food.
3. Fats help our body to grow.
4. Food should not be kept covered.
5. Food should be rich in vitamins to protect us from diseases.

Ques 3: Give two examples of each: **6 Marks**

1. Food we get from plants _____
2. Food we get from animals _____
3. Food that are unhealthy _____

Ques 4: Define: **2 x 5 = 10 Marks**

1. Nutrients
2. Balanced diet
3. Protective food
4. Unhealthy food
5. Overeating
