

Class 3rd

Food we eat

Worksheet - 2

Ques 1: Fill in the blanks: **5 Marks**

6-8, food, three, energy, milk

1. We need _____ and water to live.
2. Most of us eat _____ meals a day.
3. Healthy food gives us _____ to work and play.
4. Food made from milk are called _____ products.
5. We should drink _____ glasses of water daily.

Ques 2: Circle the odd one out. **5 Marks**

1. Apple, Radish, Banana
2. Mango, Orange, Potato
3. Onion, Paneer, Curd
4. Pasta, Milk, Noodle
5. Rice, Wheat, Rose

Ques 3: Identify the following and write their names: **5 Marks**



Ques 4: Answer the following: **2.5 x 4 = 10 Marks**

1. What is raw food?
2. What are the sources of food?
3. Why is food important for all living things?
4. How do food items reach us?
