

Class 3rd

Food we eat

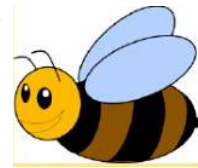
Worksheet - 3

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

unhealthy, breakfast, every day, stale, afternoon

1. We eat _____ in the morning.
2. We eat lunch in the _____.
3. Eating a lot of candies is _____.
4. We should not eat _____ food.
5. We should drink milk _____

Ques 2: Match the food product to its source: **5 Marks**



Ques 3: Choose the correct answer: **5 Marks**

1. Banana is a
 - a. Fruit
 - b. Vegetable
 - c. Grain
2. We need food to get

- | | | |
|---|--------------|--------------|
| a. Fruit | b. Energy | c. Grain |
| 3. Which of these is the first meal of the day? | | |
| a. Lunch | b. Dinner | c. Breakfast |
| 4. Onion is a | | |
| a. Fruit | b. Vegetable | c. Grain |
| 5. Which of these is a milk product? | | |
| a. Butter | b. Orange | c. Egg |

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

1. Why is food important for our body?
2. What are energy giving foods?
3. Write some healthy food habits.
4. Write some unhealthy food habits.

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