

Class-III

Subject- EVS

Teacher- Mrs. Surmeet Kaur

Topic- Lesson 3 The Food We Eat

<https://youtu.be/fvm0ioQRcl4>

Difficult words

1. Energy giving food
2. Body building food
3. Protective food
4. Balanced diet
5. Nutrients
6. Cereals
7. Healthy
8. Green leafy vegetables

EVS main book back exercise page no 27

1. A- i
B- ii
C- iv
D-iv
E- iii
2. A- True
B- False
C- True
D-True
E- False
3. A- Beans
B- Brinjal
c- Meat
D- Fruits

4. Egg- Body building food
Rice- Energy giving food
Mango- Protective food
Carrot- Protective food
Ghee- Energy giving food
Chapattis- Energy giving food
Lady Finger- Protective food
Pulses- Body building food
Meat- Body building food
Butter- Energy giving food

5. ✕

EVS WORKBOOK EXERCISE PAGE NO 9

1. A- i
B- iv
C- iii
D- ii
2. A- True
B- False
C- True
D- False
E- False
3. A- Energy
B- Cereals
C- More
D- Vegetables and Banana
E- Soft and easy
5. A- Energy giving food
B- Body building food
C- Protective food
D- Plants and trees
E- Potato
- 6.

Q1 Why do we need food?

A1 Food gives us energy to do work and keeps our body Healthy and fit

Q2 Name the different kinds of food?

A2 1. Body building food

2. Energy Giving food

3. Protective food

Q3 Why should you always wash Fruits and vegetables before eating?

A3 Washing fruits and vegetables helps to remove the germs and eggs of worms that might be sticking to them.

Q4 What is a balanced diet?

A4 A balanced diet contains all food items in right amount to keep our body healthy and fit.

7. ✕