

## EVS SELF LEARNING WORKSHEET-3

### FOOD WE EAT

#### CLASS-3

#### I. Fill in the blanks

1. We get \_\_\_\_\_ from bread and butter.
2. Milk is needed to keep our \_\_\_\_\_ and \_\_\_\_\_ strong.
3. Salads and fruits can be eaten \_\_\_\_\_.
4. Body building food help our body to \_\_\_\_\_ and \_\_\_\_\_ the damaged tissues.
5. Vegetables and fruits are \_\_\_\_\_ food.

#### II.Circle the odd one out :-

Egg      meat      fish      bread

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Cucumber      grapes      peas      watermelon

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Oil      ghee      nuts      carrot

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#### III.State whether True or False:-

1. We should always throw away the water in which rice and pulses are soaked. \_\_\_\_\_
2. Potato is an energy giving food. \_\_\_\_\_
3. Protective food help in building our body. \_\_\_\_\_
4. Overcooked food is very good for health. \_\_\_\_\_

