

Assignment:-8 Subject: - EVS Class:-III Teacher:-Mrs. Surmeet Kaur
 Name:-_____ Class & Sec.:-_____ Roll No.:-_____ Date:- 08.05.2020

Lesson:-3 (The food we eat)

Click the YouTube link (http://youtu.be/fHyeUCI1_1s) and watch the video carefully and solve the assignment.

Q:- 1) Learn the following difficult words.

1. Energy Giving Food
2. body Building Food
3. Protective Food
4. Balanced Diet
5. Chapattis
6. Vegetables
7. Diseases
8. Complete
9. Digest
- 10 .Pulses

Q:-2) Cooking Makes the food _____ and _____ to digest.

Q:-3) Milk is a _____ food.

Q:-4) Rice and Chappattis are made from _____.

Q:-5) Children need _____ body building food than adult.

Q:-6) Why do we need food?

Q:-7) Name the different kind of food with example.

Different kind of Food	Example
1)	1)
2)	2)
3)	3)

Answers

Ans.-1) Thoroughly learn the difficult words.

Ans.-2) Soft and Easy

Ans.-3) Complete

Ans. 4) Cereals

Ans.-5) More

Ans.-6) Food gives us energy to work and keeps our body healthy and fit.

Ans.-7)

Different kind of Food	Example
1)Energy giving food 2)Body building food 3)Protective food	1) Rice, Chapattis, Sugar, Potato, Milk etc. 2) Egg, Fish, Cheese, Nuts, Pulses, Milk Etc. 3)Fruits, Green leafy vegetables, Milk Etc.