

Assignment:-9 Subject: - EVS Class:-III Teacher:-Mrs. Surmeet Kaur
Name:-_____ Class & Sec.: - _____ Roll No.: - _____ Date:- 15.05.2020

Lesson:-3 (The food we eat)

Click the YouTube link (<http://youtu.be/g8bAwh2GNvw>) and watch the video carefully and answer the following questions.

Q:- 1) What is balanced diet?

Q:-2) Why should we wash vegetables and fruits before we eating?

Q:-3) Write True and False

1. We should eat only one type of food. _____
2. We should drink plenty of water. _____
3. Fried food is easy to digest. _____
4. We need to cook all type of food. _____
5. Egg, Pluses and meat are protective food. _____

Q:-4) Give a dictation of lesson 3 difficult words to your parents.

Answers

Ans.-1) Balanced diet contains all food items in right amount to keep our body healthy and fit.

Ans.-2) Always wash fruits and vegetables before eating. It removes germs and egg of worms which may be sticking to them.

Ans.-3)

1. False
2. True
3. False
4. False
5. False