

SCHOOL ACCOLADES
STANDARD THREE
SUBJECT- ELEMENTARY SCIENCE
Worksheet for (WEEK 6) 7th to 15th July 2021

Chapter-7 Food

Learn the answers of the following questions :

- a) Why do we need to eat fruits and vegetables?
- b) How do vitamins work for our body?
- c) Why should eat a balanced diet?
- d) Give two examples of different ways of preserving food.
- e) Explain what is nutrition is.
- f) Write the names of three fruits that grow throughout the year.

Answers:

- a) Fruits and vegetables contain plenty of vitamins and minerals. If we eat fruits and vegetables regularly-
 - Our body will stay healthy.
 - The immune power will increase.
 - We will be protected from diseases.Therefore, we should eat fruits and vegetables regularly.
- b) Vitamins do the following works for our body-
 - They help our body to work properly and stay healthy.
 - They protect us from diseases.
- c) If we eat a balanced diet-
 - Our body will be healthy and strong.
 - Normal growth will occur.
 - Our body will be free of the risk of diseases.Therefore, to keep our body healthy and strong, we should eat a balanced diet regularly.
- d) Two examples of different ways of preserving food are Drying and Refrigeration.
- e) Living things need various kinds of elements to survive and grow. Without these elements, the growth and repair of the body do not occur properly. These elements needed for the growth and survival of living things are known as nutrition.
- f) The names of three fruits that grow throughout the year are- Papaya, Banana and coconut.

Fill in the blanks:

- a) We need ____ or surviving and growing.
- b) Vegetables are rich in ____ and ____.
- c) The major nutrients in our food are ____, ____, and ____.
- d) ____ diet provides all sort of nutrients.
- e) We eat plants and animals as ____.
- f) Fat provides ____ and keeps our bodies ____.
- g) The source of meat and eggs is ____.

Answers: a) food b) vitamins c) protein, carbohydrate, fat d) Balanced
e) food f) energy, warm g) animals

Match the sentences:

Left	Right
a) Protein	i. Cheese
b) Vitamin	ii. Rice
c) Fat	iii. Disease prevention
d) Carbohydrate	iv. Fish
e) Gourd is	v. From wheat
f) Orange is	vi. Protein
g) Mango is	vii. Winter vegetable
h) Fish is source of	viii. Winter fruit
i) Flour is made	ix. Summer fruit

Answers: a) iv b) iii c) i d) ii e) vii
g) ix h) vi i) v

f) viii

Learn the correct answers:

- 1) What is the main function of protein?
 - a) To provide energy
 - b) To prevent disease
 - c) To help the body formation and growth
- 2) Which one is the summer fruit?
 - a) Banana
 - b) Olive
 - c) Lichi
- 3) Which one is rich in protein?
 - a) Gourd
 - b) Pumpkin
 - c) Pulse

Answers: c, c, c

Vacation Work:

Read all the questions from chapter: 3-7