

Class: 3

Subject: Science

Topic: Chapter 7: food

1. Fill in the blanks with appropriate words:

1. We need _____ for surviving and growing. Ans: food
2. Food contain sufficient amount of _____. Ans: nutrition's
3. Rice, bread, potato etc give us _____. Ans: carbohydrate
4. Oil, ghee, and butter are _____ food. Ans: fatty
5. We eat food to keep our body health and _____. Ans: strong
6. Certain chemicals are added to the food to _____ it. Ans: preserve
7. Vegetables are rich in vitamins and _____. Ans: minerals
8. _____ diet provides all sort of nutrients. Ans: balanced
9. The major nutrients in food are protein, carbohydrate, and _____. Ans: fat
10. Fat provides energy and keeps our bodies _____. Ans: warm

2. Write true/false. If false, write the correct answer in your answer script:

1. We should only eat protein to remain healthy. Ans: False
C/A: we should eat a balanced diet to remain healthy
2. Tomato is a winter vegetable. Ans: true
3. Protein helps us to grow. Ans: true
4. We need carbohydrate for energy. Ans: true
5. Calcium is an essential vitamin. Ans: false
C/A: calcium is a mineral.

3. Multiple Choice Questions:

- a. What is the source of vitamin?
 - i. Butter
 - ii. Carrot (ans)
 - iii. Potato
 - iv. Cheese
- b. Which of the following is a summer fruit?
 - i. Banana
 - ii. Olive
 - iii. Orange
 - iv. Litchi (ans)
- c. Which fruit grows throughout the year?
 - i. Olive
 - ii. Lemon
 - iii. Banana (ans)
 - iv. Mango
- d. What is the source of plant protein?
 - i. Egg
 - ii. Meat
 - iii. Fish
 - iv. Pulse (ans)

- e. Which of the following is a winter vegetable?
- i. Cucumber (ans)
 - ii. Mango
 - iii. Rubber
 - iv. Cabbage
- f. What is the main function of protien?
- i. To provide energy
 - ii. To prevent disease
 - iii. To remove weakness
 - iv. to help the body growth (ans)
- g. What do cheese give us?
- i. Carbohydrate
 - ii. Fats (ans)
 - iii. Vitamin
 - iv. Protein
- h. Which of the following is not a process of preserving food?
- i. Drying
 - ii. Canning
 - iii. Refrigeration
 - iv. Washing (ans)
- i. What do we get from fruits and vegetables?
- i. Fats
 - ii. Carbohydrate
 - iii. Vitamins (ans)
 - iv. Protein
- j. Which type of diet help us to stay healthy?
- i. Balanced (ans)
 - ii. Unbalanced
 - iii. Junk
 - iv. Fatt

4. Answer the following questions in one sentence:

1. What is nutrient?
Ans: substance that living things need in order to survive and grow is called nutrient.
2. What are the major food nutrient?
Ans: protein, carbohydrate, and fat are the major food nutrient.
3. What are the minor food nutrient?
Ans: vitamins and minerals are the minor food nutrient.
4. What is balanced diet?
Ans: the food containing all the essentials for our body in the required quantity is called a balanced diet.
5. What are preservatives?
Ans: chemicals use to preserve food is called preservatives.
6. Write a name of seasonal fruit.
Ans: mango is a seasonal fruit.
7. Write a name of seasonal vegetables.
Ans: cabbage is a seasonal vegetable.

5. Answer the following questions in short:

1. How balanced diet can be prepared?

Ans: the balanced diet is prepared by mixing various types of food.

2. Why should we eat a balanced diet?

Ans: A balanced diet helps us to grow well and the risk of disease becomes less.

3. What are the other ways to preserve food?

Ans: pickling, salting and icing are other ways to preserve food.

4. By which way we can preserve fruit, vegetables, fish, meat?

Ans: By refrigeration, drying, and canning or bottling we can preserve fruit, vegetable, fish and meat.

5. How does carbohydrate help us?

Ans: carbohydrates provide energy for doing work.

6. Answer the following Broad questions:

1. How can we preserve food?

Ans: we can preserve food by adding preservatives. Food also can be frozen or dehydrated and then are sealed in cans and bottles.

2. Why water is important to us?

Ans: we need water to live. It helps us to digest the food and is needed to eject harmful matters from the body.

3. What are the functions of protein?

Ans: protein helps in the growth of our body and needed to build, repair and maintain muscle and blood.

4. What are the functions of vitamins?

Ans: vitamin help our body to work properly and stay healthy, it also protect us from disease.