

UNIT -1 FOOD

Class: III

Subject: Science

I. Choose the best answer

- Bread, wheat and potato are rich in _____.
a. Fats **b. Carbohydrate** c. Protein d. roughage.
- A balanced diet contains _____.
a. Carbohydrate and vitamins b. Proteins , fats and minerals
c. Fibre and water **d. All the above.**
- The vitamins present in the carrot is _____.
a. Vitamin K **b. Vitamin A** c. Vitamin D d. Vitamin E
- Which things are bad for you ?
a. Eating green vegetables b. Washing vegetables before cutting
c. Eating a lot of fat food items d. Eating lot of pulses
- The given picture shows that Raman is most likely eating his
a. Breakfast **b. Lunch** c. Dinner



II. Fill in the blanks.

- Food rich in Proteins are called body building food.
- Minerals helps in proper functioning of our body.
- A balanced diet is necessary for proper growth and development of our body.
- Sprouted seeds contains more Proteins.
- Lunch is the second meal of a day.

III. Match the following.

- | | | |
|--------------------------|----------------------------|----------|
| 1. Carbohydrate and fats | - Supports body growth | 3 |
| 2. Vitamins | - Regulates body functions | 4 |
| 3. Protein | - Energy giving food | 1 |
| 4. Minerals | - Fights diseases | 2 |

IV. Answer the following questions.

- How many nutrients are there? What are they?

There are five main nutrients that our body requires.

- Carbohydrate
- Proteins
- Fats
- Vitamins and

v. Minerals

2. Siva is a 6 years old. He needs to have a good amount of proteins. Give reason.

Siva is a 6 years old. He needs to have good amount of proteins because proteins built, Maintain and replace the tissues in our body. It is known as body building foods.

3. What is a balanced diet?

A balanced diet contains all nutrients in the right amounts. It also includes fibre and water.

It helps in the growth and development of our body.

4. What are the meals in a day?

Breakfast, Lunch, Dinner.

5. What are some traditional food items?

Ragi, Thinai, Samai, Kuthiraivali, Varagu, Kambu.

6. Write three advantage of Home garden.

- i) It is the easiest method.
- ii) Waste water can be reused.
- iii) It saves our money.

BOOK INSIDE QUESTION

I. Answer the following questions.

- 1. The food items which should be avoided are indicated by **Red** colour.
- 2. The food items which are healthy are indicated by **Yellow** Colour.
- 3. The food items which can be eaten in small quantities are indicated by **Green** Colour.



II. Let us write.

Energy - Giving Food Items	Body Protecting Food Items	Body - Building Food Items
Rice	Carrot	Fish
Wheat	Orange	Milk
Gooseberry	Potato	Nuts
Bread		Sprowed seeds

A. What are the nutrients present in the following food items?

1. Rice contains Carbohydrate
2. Coconut oil contains Fat
3. Egg contains Fat protein
4. Fig contains Minerals
5. Carrot Contains Vitamins

B. Fill in the table given below.

Sl. No	Nutrients	Why do you need it?	Sources (Food items)
1	Carbohydrates	They give us energy to work and play	Rice, Wheat
2	Vitamins	Protecting food and items	Carrot
3	Protein	They help to build our body	Fish, Milk
4	Fats	Reservoir of energy	Cheese, Butter
5	Minerals	Regulates body function	Banana, Apple

C. Unscramble the following words and search them in the given grid (One is done for you).

- | | | |
|-----------|---|-----------|
| ELBATEGEV | - | VEGETABLE |
| AITVIMN | - | MINERALS |
| MKIL | - | MILK |
| WTERA | - | WATER |
| HEGE | - | GHEE |
| RCIE | - | RICE |
| GEG | - | EGG |
| FSHI | - | FISH |

X	N	Z	R	V	W	S	R	Y
V	E	G	E	T	A	B	L	E
I	W	H	M	K	T	J	O	C
T	B	E	I	C	E	F	H	I
A	J	E	L	S	R	X	Q	R
M	L	A	K	W	E	G	G	I
I	C	M	I	N	E	R	A	L
N	H	S	I	F	H	D	A	N

D. Some of the famous food items of Tamil Nadu are given below. Write the food items of the particular place.

1. Manapparai is famous for Murukku.
2. The niligiris is famous for Tea
3. Panruti is famous for Jackfruit
4. Kollimalai is famous for Spices.
5. Tirunelveli is famous for Halwa
6. Kovilpatti is famous for Kadalai Mittai
7. Salem is famous for Mango.