

## Weekend Worksheet

### EVS

Class ▶

III

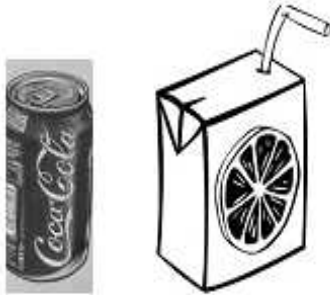
Section ▶

Date ▶

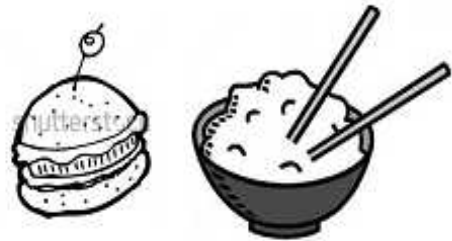
Name ▶

Roll No. ▶

1. Rinki went to her friend's birthday party. The following items were served, but her parents want her to eat healthy food. Help her make the right choice of foods. Circle the correct choice.



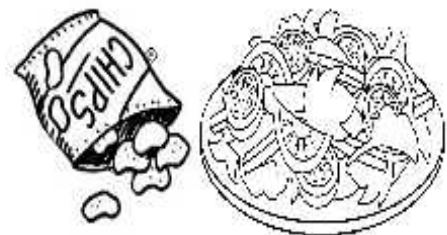
Soft drinks (or) Orange juice



Burger (or) Rice



Pizza (or) Chappaties

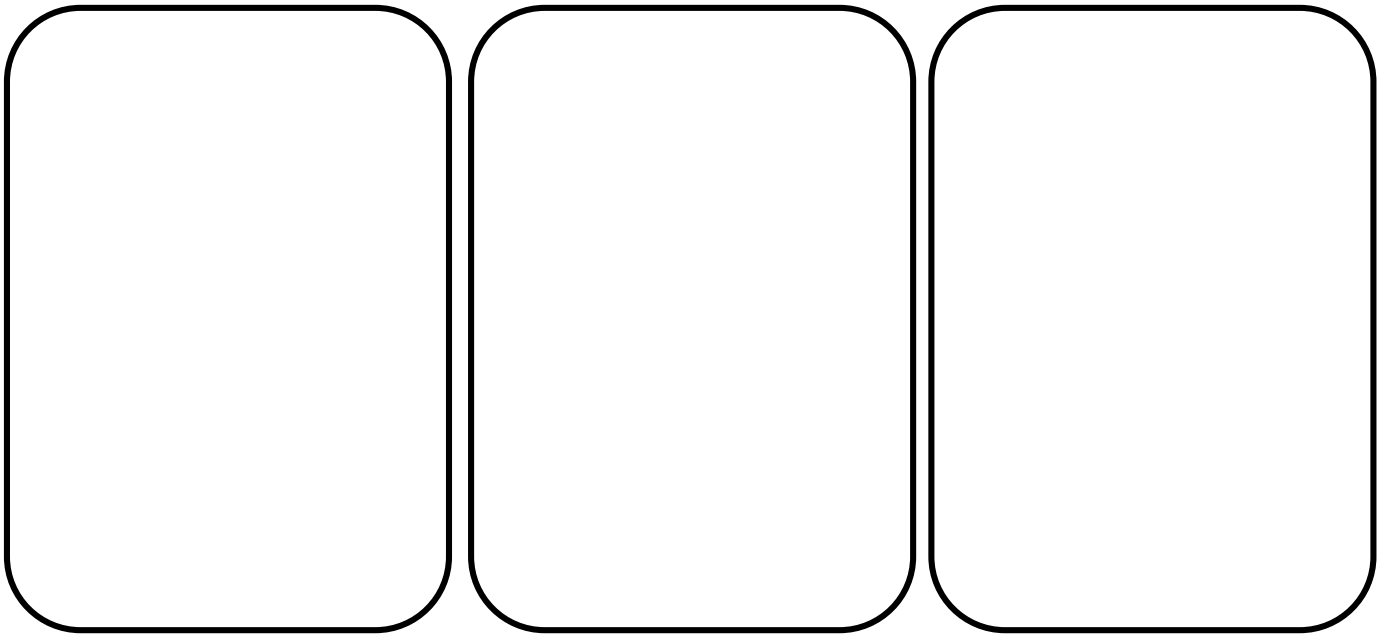


Chips (or) Vegetable salad



Noodles (or) Iddies

2. Draw pictures of the food items that you have for :



Breakfast

Lunch

Dinner

(a) How many glasses of water do you drink in a day? \_\_\_\_\_.




(b) How many glasses of milk do you take in a day? \_\_\_\_\_.

(c) Are you a vegetarian or a non-vegetarian?

I am a \_\_\_\_\_ because

I eat only / both \_\_\_\_\_ and \_\_\_\_\_.

**Family food table.**

<u>Family 1</u>	<u>Family 2</u>	<u>Family 3</u>
		
<p>Chirag and his family eat eggs, pulses, meat, fish, milk products etc.</p>	<p>Ajay's family eats lot of bread, butter, potatoes, snacks and sweets</p>	<p>Imran's family eats a lot of vegetables and fruits.</p>

**Look at the pictures given above. Can you tell which of the three families eat -?**

Body-building foods: \_\_\_\_\_.

Energy-giving foods: \_\_\_\_\_.

Protective foods: \_\_\_\_\_.