

Session 2013-2014

Worksheet No. 2

Subject : EVS

Name Date : Class/Sec: III,

Q-1) In the space provided write the names of your favourite food-items you eat.

Breakfast

Lunch

Evening snacks

Q-2) Answer the following questions.

a) Where do we get food from?

Ans) _____

b) Why do we cook food? Give three reasons.

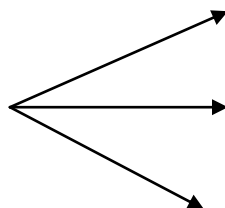
Ans) _____

c) Why should we prefer pressure cooker for cooking pulses, rice etc.?

Ans) _____

Q-3) Complete the blanks.

BALANCED FOOD



Q-4) Which method of cooking would you use for the preparation of following food- items?

Milk, rice, potatoes, pulses

Pooris, samosas, pakoras

Cakes, biscuits

Q-5) Name the following.

- a) Any four cereals _____
- b) Any four pulses _____
- c) Any two food-items eaten both raw and cooked _____
- d) Any three non –vegetarian food _____

Q-6) Write the names of three foods in each column.

Food which gives us energy	Food which makes us strong	Food which keeps us healthy

Q-7) Where is the extra food made by the leaves of the plant gets stored?

Ans) _____

Q-8) Look at the pictures and fill in the blanks.



- 1) We eat the roots of _____ and _____ plant.
- 2) We eat the leaves of _____ and _____ plant.
- 3) We eat the seeds of _____ and _____ plant.