

**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.

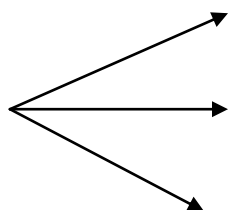
Ans) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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.