

SENTHIL MIDDLE SCHOOL KEPPURENGAN PATTY

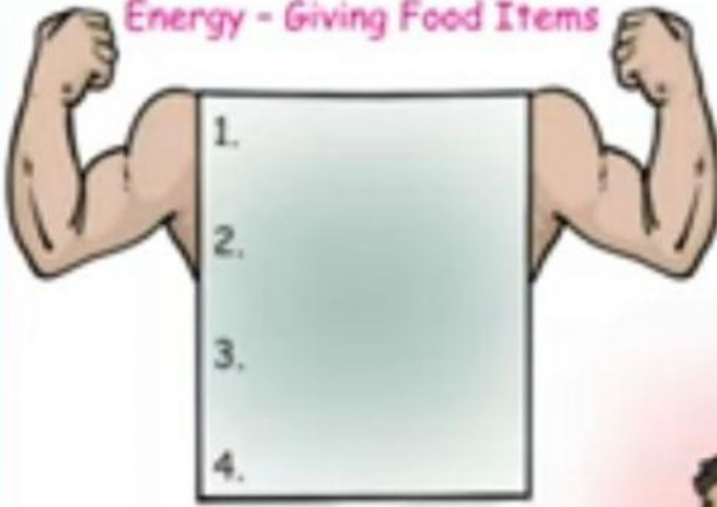
CLASS : 3

TERM: 2

SCIENCE WORKSHEET

UNIT : 1 FOOD... NUTRIENTS

**Let us Write**

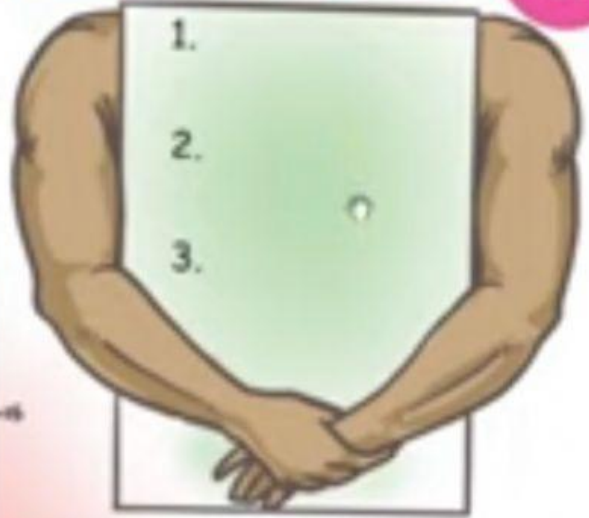


Energy - Giving Food Items

- 1.
- 2.
- 3.
- 4.



Body - Protecting Food Items



- 1.
- 2.
- 3.



Be Sensitive
Most children love to eat food items like burgers, pizzas and chocolates, which are not good for health. They make children to gain extra weight.
Avoid eating unhealthy foods and eat nutritious food to stay healthy. A healthy snack may include sprouts, fruits and salads.



Body - Building Food Items

- 1.
- 2.
- 3.