

**SCIENCE WORKSHEET**  
**CLASS-3**

**1. Read the passage carefully and answer the following questions.**

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so that you can grow tall and feel good. The best part of healthy food is that it is tasty.

You can find grains in bread, rice and oatmeal. You should eat four servings of grains every day. Milk, cheese, and yogurt are also important. These will give you strong bones.

Meat, beans, fish and nuts give your body iron and protein. You can also eat an egg or peanut butter to help keep your body healthy. Fruits and vegetables are good to eat. Coriander, mint and curry leaves are used to garnish and give flavour to the food.

Chips and cookies are tasty, but eat only a few at a time. When you eat healthy food, your body will thank you.

- a. You need healthy food for \_\_\_\_\_ hair and strong bones.
- b. You can also eat an \_\_\_\_\_ or peanut butter to help keep your body healthy.
- c. Coriander, mint and curry leaves are used to \_\_\_\_\_ and give flavour to the food.

## 2. Put each food in the correct nutrient group. (Drag and Drop)



Carbohydrate	Protein	Vitamins	Minerals	Fats

## 3. Choose the correct option a, b, c or d:

I. Food that prevents us from falling ill is called \_\_\_\_\_.

- a. Energy giving food
- b. Body building food
- c. Protective food
- d. None of these

II. \_\_\_\_\_ like dal, peas and grams help us to grow.

- a. Fibre
- b. Pulses
- c. Cereals
- d. None of these

III. Potato, onion, ginger are examples of \_\_\_\_\_ of the plant.

- a. stems
- b. leaves
- c. seeds
- d. fruits

IV. \_\_\_\_\_ is considered to be complete food.

- a. Ghee
- b. Milk
- c. Rice
- d. Pulses

V. A diet which contains all vital nutrients for the growth and development of the body is \_\_\_\_\_.

- a. keto diet
- b. grape fruit diet
- c. balanced diet
- d. raw food diet

#### 4. Match the following:

- |                     |                                   |
|---------------------|-----------------------------------|
| a. Over eating      | Peanuts, walnuts, almonds         |
| b. Munching         | The fact of being male or female  |
| c. Obese            | Unhealthy food                    |
| d. Gender           | Animal products                   |
| e. Nuts             | Having too much body fat          |
| f. Seeds            | Eating too much                   |
| g. Cheese, curd     | To bite and eat something noisily |
| h. Chips, Chocolate | Wheat, rice, corns                |

#### 5. Write true or false:

- a. Vegetarians eat poultry birds.
- b. Carrot is an underground stem.
- c. We need food to breathe.
- d. In old age, people prefer eating junk food.

