Science Chapter 1
Prathomsuksa 3

Name:_____



What are the needs of humans for survival?

LIVEWORKSHEETS

- Foods rich in _____ such as rice, noodles, pasta, potatoes and bread _____.
- We need energy to walk, run, play and to do work.



Rice



Noodles



Pasta



Potatoes



Bread

LIVEWORKSHEETS

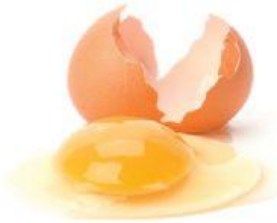
- Fish, meat, eggs, milk and chickens contain _____ that _____.



Fish



Meat



Egg



Milk



Chicken

LIVEWORKSHEETS



Growing children are advised to take more milk, cheese, fish and meat. Do you know why?

LIVEWORKSHEETS

- Fresh fruits and vegetables contain _____ and _____ such as vitamin C and potassium.
- This group of food _____.



Mangoes



Broccoli



Carrots



Watermelons



Cabbage



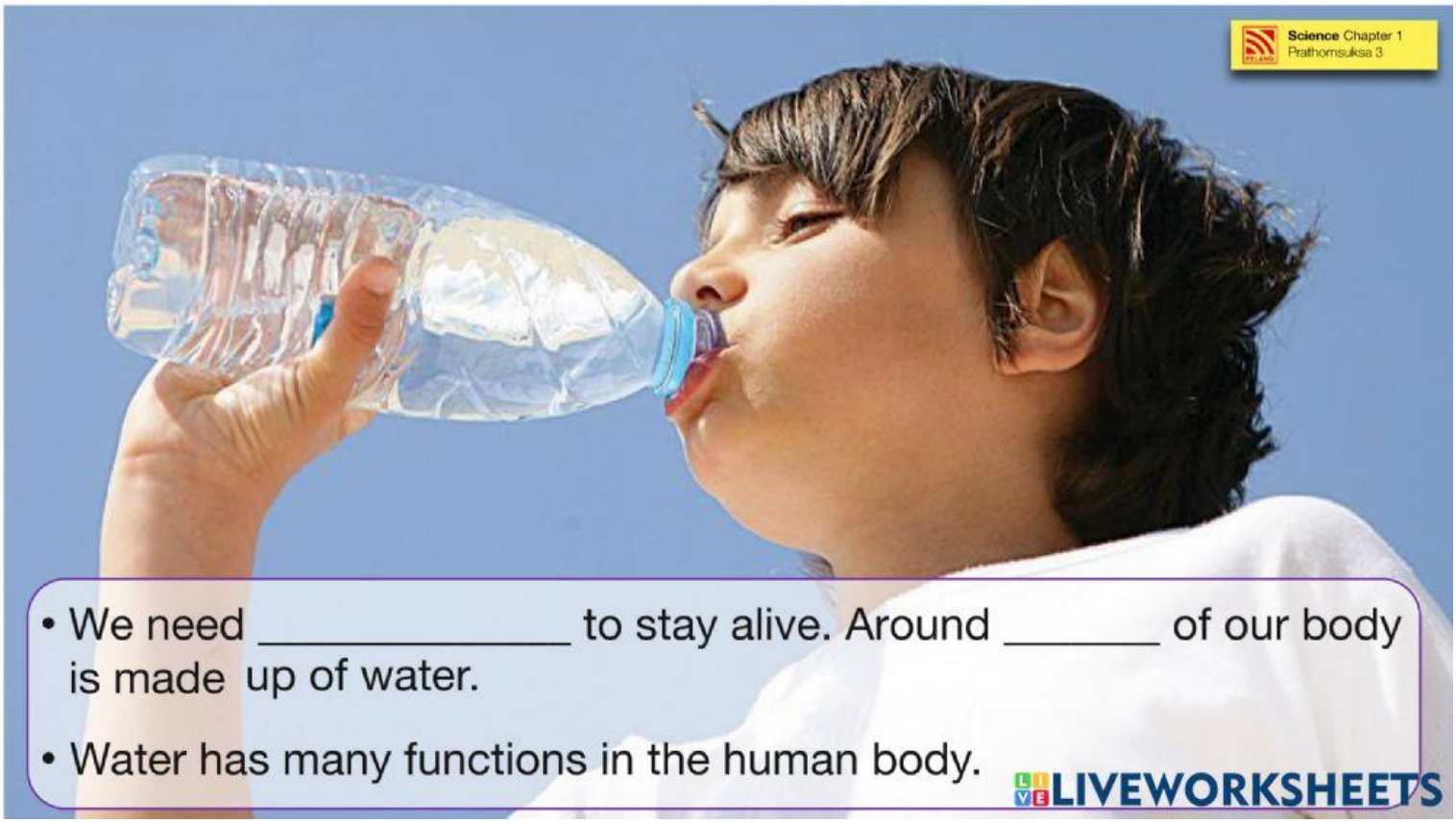
Tomatoes

LIVEWORKSHEETS



What are other needs of humans for survival?

LIVEWORKSHEETS


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• We need _____ to stay alive. Around _____ of our body is made up of water.
• Water has many functions in the human body.
LIVEWORKSHEETS

Importance of water in the human body



LIVEWORKSHEETS

Importance of water in the human body



LIVEWORKSHEETS