



## GENERAL SCIENCE CH: 7 THE FOOD WE EAT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: III Sec: \_\_\_\_

### I. Fill in the blanks.

1. The body needs -----to grow, work and remain healthy.
2. Food contains substances called ----- that enable the body to work and grow.
3. All -----and some vegetables should be eaten raw.
4. -----makes food soft and easy to digest.
5. -----keeps the blood flowing.
6. Water helps the -----clean blood.
7. A diet that contains all nutrients in the right amount is called -----

### II. Name the following.

1. Two food items which give us energy - -----, -----
2. Two food items which help us to grow - -----, -----
3. Two fruits which contain plenty of water - -----, -----
4. Three food items rich in vitamins - -----, -----, -----
5. Two plants from which we get oil - -----, -----

### III Write True or False against the given statements.

1. We should eat only rice for breakfast. -----
2. We should drink at least 8 glasses of water every day. -----
3. Green leafy vegetables are very important for our good health. -----
4. We should waste food. -----
5. We should eat food at the right time. -----
6. The food we eat and the water we drink should not be clean. -----
7. Water helps in digesting the food. -----
8. Tomato, cucumber and carrot must be eaten raw. -----
9. Fats provide warmth to our body. -----
- 10 We should not eat different kinds of food. -----



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## IV Answer the following questions.

1. Why should we eat different kinds of food?

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2. Why should fruits and some vegetables be eaten raw?

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3. How does drinking enough water help us to stay healthy?

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4. Define balanced diet.

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5. What did you have for breakfast today? Is it a good habit to skip breakfast? Why/ why not?

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