

**GURU GOBIND SINGH PUBLIC SCHOOL  
CHAS(BOKARO)  
E-ONLINE CLASS, WEEKLY ASSIGNMENT  
(DATE - 11<sup>TH</sup> MAY TO 15<sup>TH</sup> MAY 2020)**

Class - 3

EVS

**Lesson – 3**

**Food we eat.**

**Learn the following :-**

Food is the basic necessities of all living being. Food helps us to

- Keep us healthy.
- Protect us from various diseases.
- Provides us energy to do work.

Nutrients:- The food we eat contain substance that nourish and protects our body. The substance is called nutrients.

**Lets learn more about five main nutrients with the help of following table :-**

<b>Nutrients</b>	<b>Sources</b>	<b>Function</b>
<b>Proteins(Body building foods)</b>	<b>Eggs, meat, milk, cheese, beans, pulses</b>	<b>It helps our body to grow.</b>
<b>Carbohydrates (Energy giving food)</b>	<b>Rice, wheat, potatoes, banana</b>	<b>It gives us energy to work and play.</b>
<b>Fats</b>	<b>Nuts, ghee, butter, oil</b>	<b>It gives energy to our body and also keeps our body warm.</b>
<b>Vitamins and Minerals</b>	<b>Fruits and green leafy vegetables</b>	<b>They help our body to fight against diseases. It keep us fit and healthy.</b>

**\*Water and roughage are also important for our body.**

**Balanced diet** – Balanced diet contains all the nutrients like proteins, fats, Carbohydrates, vitamins and minerals in a right quantity.

- ❖ It helps us to grow strong.
- ❖ It repairs the injured parts of our body.
- ❖ It keeps us healthy

**Sources of food**

We get food from plants and animals.

**Food from plants**: Plants prepare their own food with the help of water, air and sunlight. We eat different parts of plants for example roots, stem, leaves, flowers, seeds and fruits. We eat both cooked and raw vegetables.

**Food from Animals**- we get milk, meat, eggs, honey etc from animals.

**Ways to be fit and healthy :-**

- a) Eat lots of fruits and vegetables.
- b) Drink milk and water.
- c) Don't overeat.
- d) Spend more time in outdoor activities.

**I) Fill in the blanks :-**

1 \_\_\_\_\_ provides us energy to do work.

2 \_\_\_\_\_ keeps our body warm.

3 Spend more time in \_\_\_\_\_ activities.

4 Egg, meat, milk are the source of \_\_\_\_\_.

5 We get food from \_\_\_\_\_ and \_\_\_\_\_ both.

## II) Name them

- a) Sources of protein \_\_\_\_\_ , \_\_\_\_\_ .
- b) Sources of Carbohydrates \_\_\_\_\_ , \_\_\_\_\_ .
- c) Sources of Fats \_\_\_\_\_ , \_\_\_\_\_ .
- d) Sources of vitamin and minerals \_\_\_\_\_ , \_\_\_\_\_ .
- e) Foods from animals \_\_\_\_\_ , \_\_\_\_\_ .

## III) Complete the table by giving examples of parts of plants used as food

Roots	Stems	Leaves	Seeds	Flowers	Fruits	

DO THE FOLLOWING EXERCISE IN THE ASSIGNMENT COPY.

Prepared by

Kanchan Kumari

**GURU GOBIND SINGH PUBLIC SCHOOL , CHAS**

**SESSION 2020-21**

**Weekly Assignment**

**Class 3**

**EVS**

**Write and Learn the following - :**

1) Who are physically challenged people?

Ans- People who are unable to use a particular part of their body are called physically challenged people or differently abled people.

2) Who are called blind?

Ans- Those who cannot see are called blind.

3) Who are called deaf?

Ans- Those who cannot hear are called deaf.

4) Who are called dumb?

Ans- Those who are unable to speak are called dumb.

5) What is Braille?

Ans- Braille is a special system used by blind people to read and write.

6) What is sign language?

Ans- A special language used by deaf or dumb people to communicate are called sign language.

7) Mention 5 ways to show care for physically challenged people.

Ans-a) Always help them.

b) Never make fun of them.

c) Be friendly to them.

d) Never let them feel depressed.

e) Treat them equal to other people and let them live with dignity.

8) Write 4 ways of looking after the elderly people.

Ans-a) We should always love and respect them.

b) We should always help them.

c) We should never hurt their feelings.

d) We should take them to doctors when ever they are sick or unwell.

**I. Tick (✓) the correct answer.**

- 1) People who cannot see are called  
a) dumb      b) blind      c) deaf
- 2) Dumb or deaf people communicate with  
a) braille      b) spectacles      c) sign language
- 3) Braille is used by  
a) deaf      b) dumb      c) blind

**II. Tick (✓) the correct statement and cross (X) out the wrong one**

- 1) We should make fun of physically challenged people [    ]
- 2) People who cannot hear are called deaf [    ]
- 3) Braille is a special system that helps in hearing [    ]
- 4) Braille helps people to read and write [    ]
- 5) People who cannot speak are called dumb [    ]
- 6) Physically challenged people are also called differently abled people [    ]

**NOTE- Make a thin copy for assignment.**

**Prepared by**  
**Kanchan Kumari**