

परमाणु ऊर्जा शिक्षण संस्थान
Atomic Energy Education Society
Session – 2023-24

Class: 3

Chapter- 6

Subject: EVS

Name of the Topic- FOODS WE EAT

Objective Answer Type Questions

1- Select the best option.

(i) Chhutki in Vipul's family is not able to eat

(a) bhutta (b) chapati (c) dal (d) All of these

(ii) When Vipul's Dadi was the same age as Vipul is now, she could

(a) eat chapatis (b) go to school like Vipul (c) run quickly up a hill (d) All of these

(iii) Our food is usually made out of those things that are

(a) cheap (b) easily grown there (c) packed nicely (d) None of these

(iv) In Goa, Juni ate fish cooked in

(a) coconut oil (b) mustard oil (c) sesame oil (d) groundnut oil

V) Besides dosa, is made from rice.

(a) halwa (b) chapati (c) pulao (d) All of these

2- Write 'T' for True and 'F' for False statements.

(i) In Hongkong, snakes which can be eaten are called Ling-hu-fen. _____

(ii) Thomas eats tapioca, which grows on tall trees. _____

(iii) Vipul's Dadi says that after coming to Nagpur, Vipul's mother has forgotten how to make food in their own way. _____

(iv) Chhutki was being fed milk by Vipul's Mami. _____

v) Dosa is made from wheat. _____

3. Fill in the blanks.

(i) Li chen lives in

(ii) At home, Juni eats fish cooked in

(iii) Thomas eats curry made using

(iv) Chapatis can be made out of or

(v) Chhutki started crying because she was

4. Match the item in Column I with things related to it in Column II by drawing arrows. (1X5=5)



Column I

- (i) Dosa
- (ii) Dal
- (iii) Bhutta
- (iv) Milk
- (v) fish

Column II

- (a) We eat chapati soaked in this
- (b) Chhutki's food
- (c) Made from rice
- (d) Made from rice
- (e) made in mustard oil

5. Answers in one-two sentence. (very short answer type questions)

(i) What does Dadi like to have in her dal?

(ii) Write the reason why Vipul's Dadi is not able to climb stairs quickly.

(iii) Who else in Li chen's family loves to eat snakes?

(iv) Where does juni live?

(v) What two things does Thomas like to eat?

vi) Name the persons in Vipul's family who will not be able to eat bhutta. Also give the reasons why they cannot do so.

vii) Why do we eat vegetables and fruits?

viii) What is body-building food? Give two examples.

ix) What is energy giving food? Give two examples.

x) What are protective foods? Give examples.



6. Answers in three-four sentences. (short answer type questions)

i) There are many reasons why we decide what to eat. Write the reasons.

ii) Name some food items you do not like to eat, although you say that they are good for you. Give your reasons for not liking to eat them.

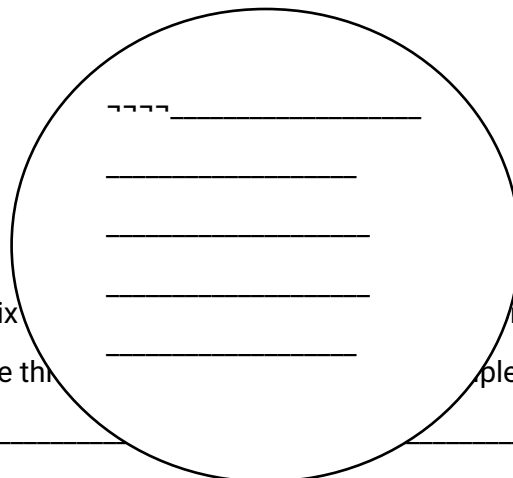
iii) Name some food items that you like to eat, although your parents say that they are not good for you. Why do your parents say that they are not good for you?

iv) Name of some cereals and pulses are given below in the jumbled form. Unjumble and write them properly in the table by grouping them.

LSIENTL LIMLETS SEAP HEATW RABYEL NAEBS TOAS CKICHPAES

| cereals | pulses |
|---------|--------|
| | |

v) What did you eat yesterday? Write it on the plate shown below.



7. Answer in five to six sentences.

i) What is food? Write three examples.

ii) We not only eat different things but we also use the same things to prepare a variety of food items. Find out and write what all can be prepared from rice and wheat.

| |
|------|
| RICE |
| |

| |
|-------|
| WHEAT |
| |

iii) What is junk food? What is healthy food? Give examples of both.

iv) Complete in the table given below.

| Persons | Food they can/should eat | Food they should not/cannot eat |
|------------------------|--------------------------|---------------------------------|
| Infant | | |
| Child | | |
| Adult | | |
| Old person | | |
| A boy/girl of your age | | |

v) Write the name of 3-3 foods which can be eaten –

a) raw _____

b) cooked _____

c) both raw and cooked _____