**ARMY PUBLIC SCHOOL HISAR**

**Topic: CH-7, THE FOOD WE EAT**

**Subject: EVS**

**Worksheet No: 1**

**Class: III**

**Number-12**

1. **Tick the correct answer:**
2. **When we are asleep, some parts of our body are**
3. **Sleeping b. working c. resting**
4. **The more physical work we do, the more energy is required by our body. The following food gives us energy-**
5. **Rice, chapattis b. eggs and cheese c. green leafy vegetables**
6. **One of the food items that contains about 96% of water is**
7. **Mango b. cucumber c. eggs**
8. **Name the following:**
9. **Two energy giving foods \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
10. **Two body building foods\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
11. **Two protective foods\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
12. **Draw different types of food given below:**

**Energy giving food Body building food**

**Protective food**