

EVS Class 3

Chapter 4 : The Food We Eat - Answer Key

A. Multiple Choice Questions

1. b) Wheat
2. b) Proteins
3. a) Vegetarians

B. Fill in the Blanks

1. We get milk from animals.
2. Bread, rice and potatoes are rich in carbohydrates.
3. Pulses like moong and chana are rich in proteins.
4. A diet containing all nutrients is called a balanced diet.

C. True or False

1. Eggs are a rich source of protein. – True
2. Oil gives us energy and warmth. – True
3. People in coastal areas eat more rice. – True

D. Short Answer Questions

1. We need food to get energy, grow, and stay healthy.
2. Three milk products are curd, butter and cheese.
3. A balanced diet is a diet that contains all nutrients in the right amount.