

EVS-3

Chapter 4: The Food We Eat – Worksheet

A. Multiple Choice Questions

1. Which one is a source of plant food?

- a) Milk b) Wheat c) Egg

2. Which nutrient helps us grow?

- a) Vitamins b) Proteins c) Fats

3. People who eat only plant products are called _____.

- a) Vegetarians b) Non-vegetarians c) Vegans

B. Fill in the Blanks

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

C. True or False

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

D. Short Answer Questions

1. Why do we need food?
2. Name three milk products.
3. What is a balanced diet?