

Class III

Chapter: 2.

Healthy Food.

classmate

Date _____

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Oral

Q1. What is your favourite food item

Ans: Chapatti, rice, dal, fruits - - -
[You can write your choice.]

Q2. Give two difference between cold drink and fresh fruit juice.

Ans. (i) Cold drinks give us excess sugar, while fresh fruit juices give us vitamins.

(ii) Cold drinks are bad for health while fresh fruit juices are good for us.

Q11. Reading Skills

Write the correct answers.

1. Why is junkfood bad for health?

Ans. It does not contain roughage.

2. Why was Raghav annoyed?

Ans:-

He did not like Mrs. Sharma telling him not to eat his favourite food items.

3. Which of the following give energy?

(a) vitamins (b) Proteins (c) Carbohydrates

Ans:- Carbohydrates.

4. Write one food item that have roughage?

Ans: Fruits.

Q.iii. Read and answer :-

1. What is balanced diet?

Ans:- A balance diet is a diet that contains all the essential nutrients like proteins, Vitamins, Carbohydrates, minerals and roughage in right proportion.

Q2. Fill in the blanks to know what Mr. Sharma and Mrs. Sharma want the children to have for lunch.

Ans: "We are going to have lunch with lots of vegetables and fruits. Instead of soft drink, we'll have fresh fruit juice today".

Q3. Who wanted to eat what?
Match and find out.

Kush — Pizza.
Mr & Mrs. Sharma — Fruits.
Raghar — French fries.

Think and Answer.

Q1. Why was Mrs. Sharma not happy?

Ans:- Mrs. Sharma did not want her children to eat junk food. So she was not happy.

Q2. Do you think the children liked the lunch Mr. Sharma and Mrs. Sharma planned for them? Which sentence tells you this?

Ans: The sentence - Raghu, Kush and Sarthak smiled happily as they entered a restaurant tells that the children liked the idea of lunch Mr. and Mrs. Sharma planned for them.

Q3. Given a choice, what would you like to eat after a swimming class - a pizza and a cold drink, a chapathi with vegetable, sandwich and a banana?

Ans: After my swimming class I would like to have a vegetable sandwich and a banana.

[You can write your choice also].

Reference to context

Read this sentence and answer the questions that follow.

"They are rich in proteins and some vitamins."

(a) Who said these words and to whom?

Ans:

Mrs. Sharma said these words to Sarthak.

(b) What does 'they' refer to?

Ans: They refers to milk, cheese, eggs and meat.

(c) Why did the speaker say this?

Mrs. Sharma said these words when Sarthak enquired about a balanced diet.

(d) Do you eat food that are rich in proteins and vitamins?

Name any two food items.

Ans: Yes, I eat food that is rich in proteins like cereals and paneer.

Q Write some food items which is healthy food and junk food.

Ans: Healthy food Junk food.

Rice
Chapatti
vegetables
fruits

Pizza
Cold drink
French fries
Burger.

Q Fill in the missing letters of these words.

(a) _ l _ k. Ans - M l L k.

(b) _ G _ S. Ans - E G G S

(c) _ l _ E. Ans - R l C E.