

**Dr. M.K.K. Arya Model School**

**Class-III E.V.S Assignment**

**Chapter 9– FOOD**

**M.M 25 MARKS**

Ques1. Match the following: -

- |                         |                  |
|-------------------------|------------------|
| 1. Nuclear Family       | one parent only  |
| 2. Joint Family         | look alike       |
| 3. Single-Parent Family | small family     |
| 4. Family resemblance   | look alike twins |
| 5. Identical twins      | big family       |

**Ques2. Fill in the blanks: - (2 Marks)**

1. Food rich in \_\_\_\_\_ are called energy-giving foods.
2. The wholesale markets are also known as \_\_\_\_\_.
3. Soyabean is an example of \_\_\_\_\_ food.
4. All the milk products such as cheese, butter, paneer are examples of \_\_\_\_\_ food.

Ques3. Put a (T) for correct statement and (F) for incorrect statement: -

- a) A joint family cannot have uncle and aunts. \_\_\_\_\_
- b) The children of your uncle and aunt are your cousins. \_\_\_\_\_
- c) Identical twins do not look alike. \_\_\_\_\_
- d) Family members look after the needs of the elderly in the family. \_\_\_\_\_
- e) Parents must talk to children everyday. \_\_\_\_\_

**Ques4. Tick the correct option: - (2 Marks)**

- I. Paneer is an example of: - (\_\_\_\_)
  - a) Protective food
  - b) Body-building food
  - c) Energy-giving food
  
- II. Which of these is not a nutrient: - (\_\_\_\_)
  - a) Vitamin
  - b) Carbohydrate
  - c) Cholestrol
  
- III. Idli and dosa are popular food of: -- (\_\_\_\_)
  - a) North -east India
  - b) North India
  - c) South India

- IV. Broccoli, which we eat as vegetable, is actually a (\_\_\_\_)
- a) Plant root
  - b) flower
  - c) plant stem

**Ques5. Write the name of Animals who give us the following food: - (4 Marks)**

- A. MILK \_\_\_\_\_ , \_\_\_\_\_
- B. EGGS \_\_\_\_\_ , \_\_\_\_\_
- C. MEAT \_\_\_\_\_ , \_\_\_\_\_
- D. HONEY \_\_\_\_\_

**Ques6. Answer the following in a line or two: - (8 Marks)**

- a) What are Nutrients?

Ans. \_\_\_\_\_  
\_\_\_\_\_

- b) What is a balanced diet?

Ans. \_\_\_\_\_  
\_\_\_\_\_

- c) Who are Vegetarians?

Ans. \_\_\_\_\_  
\_\_\_\_\_

- d) Who are Non-Vegetarians?

Ans. \_\_\_\_\_  
\_\_\_\_\_