

Pawar Public School, Nanded City

Worksheet No-2

Std.- III

Sub. EVS.

Date- 29 April 2020



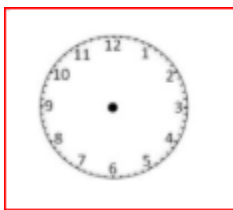
I) Choose the correct word from the help box and fill in the blanks: -

Wash	meals	health	Chew
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- 1) We should \_\_\_\_\_ our food properly.
- 2) Toffees, chips and cold drinks are not good for \_\_\_\_\_.
- 3) We should have our \_\_\_\_\_ at fixed times.
- 4) We should \_\_\_\_\_ our hands before and after meals.

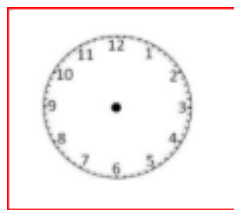
II) Draw hands on clock to show when you take your breakfast, lunch and dinner.

1) Breakfast



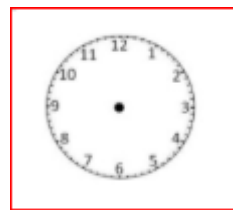
\_\_\_\_\_

2) Lunch



\_\_\_\_\_

3) Dinner



\_\_\_\_\_

III) Name the following: -










- 1) Any two eatables made from milk- a) \_\_\_\_\_ b) \_\_\_\_\_
- 2) Two vegetables you like to eat- a) \_\_\_\_\_ b) \_\_\_\_\_
- 3) Two food items we get from animals- a) \_\_\_\_\_ b) \_\_\_\_\_
- 4) Two fruits you like to eat- a) \_\_\_\_\_ b) \_\_\_\_\_

IV) Solve the riddles by matching :-

**Who am I?**  
Read each set of clues.  
Then draw a line to the matching fruit or vegetable.

I am yellow. Take off my peel before you eat me.	
I have a hard, thorny outside. My yellow inside is super sweet!	
I am green and have seeds inside. Eat me in your next salad.	
I am orange and grow down deep in the soil. You eat my root.	
I have a green, hard rind. I am usually eaten in the summer.	

V) Colour the healthy foods ● in green and unhealthy foods ● in blue-

 egg <input type="checkbox"/>	 broccoli <input type="checkbox"/>	 cupcake <input type="checkbox"/>
 pizza <input type="checkbox"/>	 chips <input type="checkbox"/>	 apple <input type="checkbox"/>
 almonds <input type="checkbox"/>	 french fries <input type="checkbox"/>	 soda <input type="checkbox"/>