

*D.A.V. Public School, Sasaram*

*3<sup>rd</sup> worksheet of Science 2020-21*

**Class- I**

**Answer the following question:**

1. Name three fruits.

\_\_\_\_\_

2. Name three vegetables.

\_\_\_\_\_

3. Name three grains.

\_\_\_\_\_

4. Name three pulses.

\_\_\_\_\_

5. Name three healthy foods.

\_\_\_\_\_

6. Name thee unhealthy foods.

\_\_\_\_\_

7. Why do we eat food?

\_\_\_\_\_

8. What does food give us?

\_\_\_\_\_

9. What help us to grow?

\_\_\_\_\_

10. How many meals do we eat in a day?

\_\_\_\_\_

11. When do we have breakfast?

\_\_\_\_\_

12. When do we have lunch?

\_\_\_\_\_

13. When do we have dinner?

\_\_\_\_\_

14. Fill in the blanks with the help box:

- a. Maize is a \_\_\_\_\_.
- b. Mango is a \_\_\_\_\_.
- c. We must \_\_\_\_\_ our hands before eating.
- d. Food keeps us \_\_\_\_\_.

**Help Box**

**Strong & healthy**

**Wash**

**Fruit**

**Grain**

15. Complete the words:

- Sw\_ \_ \_t,
- T\_ \_mato,
- M\_ \_ \_k

16. Write True or False against each statement.

- a. We should drink clean water. \_\_\_\_\_
- b. We have lunch in the morning. \_\_\_\_\_
- c. We should eat more too much fried food. \_\_\_\_\_

17. Put a (✓) the items which you feel is healthy and cross ( X ) the items which you feel is unhealthy to eat.

