KENDRIYA VIDYALAYA
WORKSHEET

Subject: ENGLISH
Chapter: Food We Eat
Time : 30 Minutes
Class : III (Three)
Month: May
FM : A+

Name : ____________________ Roll No: ___ Sec: __ Day & Date: __________

Sign. of Invigilator

1. Answer these questions:

a) Why do we eat food?
Answer: __________________________________________________________

b) Name some food items that we get from plants
Answer: __________________________________________________________

c) Name some food items that we get from animals.
Answer: __________________________________________________________

d) Name some food that you take in
I. Breakfast; ___________________________ ____________________________
II. Lunch : ___________________________ ____________________________
III. Dinner : ___________________________ ____________________________

e) Name some food grains:
________________________________________________________

f) Name some food items that
i) You like to eat:_________________________ ____________________________
ii) You don’t like to eat:_________________________ ____________________________

g) What do we get from food?
Answer: __________________________________________________________

2. Fill in the blanks:

a) When we are hungry, we _________food.
b) Old people like to eat soft food because they are _________ food items.
c) Food is _________ for all living being.
d) We should eat _________ food.
3. Name the food items that are made of **Wheat** and **Rice**.

![Food Items Diagram]

4. Given below are jumbled letters. Unjumbled them to get the name of food items.

   a) asdo  _____________  
   b) ildi  _____________  
   c) ssomaa  _____________  
   d) oopir  _____________  
   e) sphci  _____________  
   f) aolup  _____________  

5. Matching

   a) Rice  i) Chapatti  
   b) Wheat  ii) lassi  
   c) potato  iii) Kheer  
   d) milk  iv) pulao  
   e) Curd  v) vegetable  

6. Tick the correct statements.

   a) We should eat fresh/stale food.  [  ]  
   b) We should drink at least 1-2/8-12 glasses of water.  [  ]  
   c) Boys/girls of your age should/should not take tea.  [  ]  
   d) An 85 ear old woman can eat bhutta/khichari.  [  ]  
   e) We should talk/shuld not talk while eating food.  [  ]