

## THE AARYANS

CLASS: III

EVS

Chapter: 3 (The Food We Eat)

**Note:** First of all, Read the Chapter Carefully and understand the concept.

### **READ IT :-**

Food is necessary to live. All living beings need food for their survival. Food gives them energy to work. It keeps them healthy. It protects them from diseases.

We eat different types of food such as wheat, rice, pulses, vegetables, fruits, spices and edible oils. The food we eat contains some essential substances called **nutrients**. These provide nourishment to the body. Different nutrients nourish the body differently. Some give energy, some build the muscles and some help us to fight with the diseases.

Let us know about these nutrients.

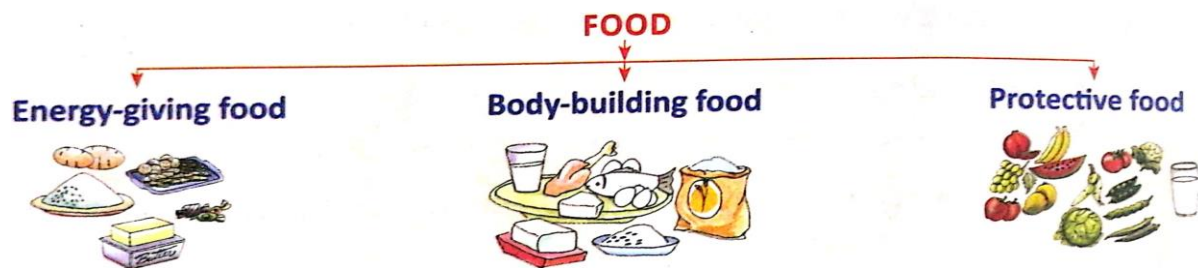


**Different types of food**

### **Nutrients in Our Food:**

The food we eat must contain nutrients like carbohydrates, proteins, fats, vitamins and minerals. These are essential for proper growth and development of the body.

**We must include roughage and water in our diet.**



**Energy –giving food:** Rice, Wheat, maize, Potato, Sugar and butter give lots of energy to work and play.

- People who do physical work need a diet rich in Carbohydrates. Too much intake of carbohydrates can make us fat.

**Body- building food:** Protein helps in body- building. It helps in growth. Children must take food rich in protein. It also helps in the repair of worn out cells. Pulses, Cheese, beans, peas, egg, fish are rich sources of proteins.

**Protective Food:** Vitamins and minerals keep us healthy by fighting against diseases. They help us in the formation of teeth, bones and blood.

Some minerals like Calcium, iron, potassium, iodine and salt.

We get vitamins and minerals from fresh fruits and vegetables, milk, and eggs.

Vitamins and minerals are also known as Protective Food.

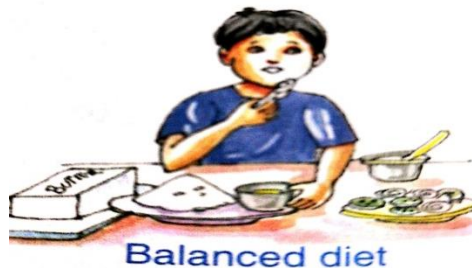
### **Roughages:-**

Roughages are important for the proper digestion of food. Roughages are fibres present in the food. They are not digested with the food but they help in its digestion and removal of waste. Raw vegetables and fruits are a rich source of roughage.



**Water:** Most of our body is made up of water. We lost water when we sweat, pass urine and even when we breathe out. Water helps to maintain our body temperature. We must drink at least 6 to 8 glasses of water everyday.

**Balanced Diet :** A diet that contains all the nutrients, that protein, carbohydrates, fats, vitamins and minerals in right amount.



**Healthy Food Habits :** We should follow healthy habits.

i) Fresh Fruits and certain Vegetables should not be cooked they should be taken raw in the form of salad .



ii) Hard to digest food items should be cooked. **Cooking makes food softer and easy to digest.**



iii) You should drink plenty of clean water to stay healthy.

iv) Hands have many germs, so we should always wash them with soap before and after the meals.



v) Do not eat food which is exposed to dust and flies. It may cause diseases.



vi) Always wash fruits and vegetables before eating and peeling.



**Note:** Do it in your EVS note book.

## Chapter -2 (The Food we Eat)

### INDEX

S.NO.	CONTENT	DATE	TEACHER SIGNATURE
1.	Define Terms		
2.	Well labelled Diagram		
3.	Very Short Q/A		
4.	Short Q/A		
5.	High Order Thinking Skills		

#### **Q: 1 Define Terms: (start on new page)**

- i) **Nutrients:** Food is made up of essential substances present in the food that provide nourishment to the body.
- ii) **Balanced diet:** A diet that contains all the nutrients that protein, carbohydrates, fat, roughage, vitamins and minerals in right amount is called balanced diet.

#### **Q:2 Draw well labelled diagram of Different kinds of Food ( On plain page left side)**

i) Two Energy –giving food

ii) Two Body- building food

iii) Two Protective food

#### **Q: 3 Very Short Q/A:- (start on new page)**

Q:1 Name a vegetarian food obtained from animals.

Ans.: Milk

Q:2 Which are rich source of Cereals?

Ans. : Carbohydrates

Q: 3 Mention the other name for the food which is not fresh.

Ans. Stale food

Q:4 Which food helps our body to grow and our muscles to become strong?

Ans.: Body- building food

Q: 5 Which nutrient Children need more?

Ans.:Proteins

**Q: 4 SHORT QUESTION –ANSWER: (start on new page)**

Q:1 What is food? How many types of food are there? Give two examples of each type of food.

Ans. : Food: Food gives us energy, helps us to grow and keeps us healthy and strong. There are three types of food.

i) Energy- giving food:- Rice, Sugar

ii) Body- building food :- Cheese, pulses

iii) Protective food:- Green leafy vegetables and fruits

Q: 2How is cooking useful?

Ans.: Cooking makes the food soft, tasty and easily digestible. It also kills germs.

Q:3 Why are some food items called as protective food? Name any four protective food items.

Ans.: Vitamins and Minerals are known as Protective Food because they keep us healthy by fighting against diseases. Protective food items are: Green leafy vegetables, fruits, milk and milk products,

Q:4 Mention any five healthy eating habits.

Ans.: i) Wash hands before and after meals.

ii) Eat meals at regular intervals.

iii) Do not eat from road side shops.

iv )Do not eat in a hurry. Chew your food properly.

v) Do not eat stale or uncovered food.

Q: 5 HOTS ( Higher Order Thinking Skills): **(start on new page)**

(i) What is the main cause of obesity and name a few food items that lead to obesity.

Ans. : Obesity is caused by overeating or eating too much without any physical activity .Food items that lead to obesity are Sugar, Butter, Ghee , potatoes that leads to obesity.

(ii) Deficiency of certain type of food may cause Stunted growth. Name the type of Food.

Ans. : Due to deficiency of Body-building food.

**(Ch-2 is completed)**

# THE AARYANS

CLASS: III

SUBJECT: E.V.S

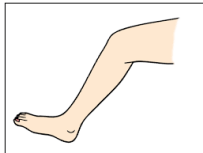
## CHAPTER -1( PARTS OF OUR BODY)

**NOTE:** Dear Students, Read the chapter carefully.

- Our body is made up of different parts, and all of them are important.
- We have external and internal body parts.

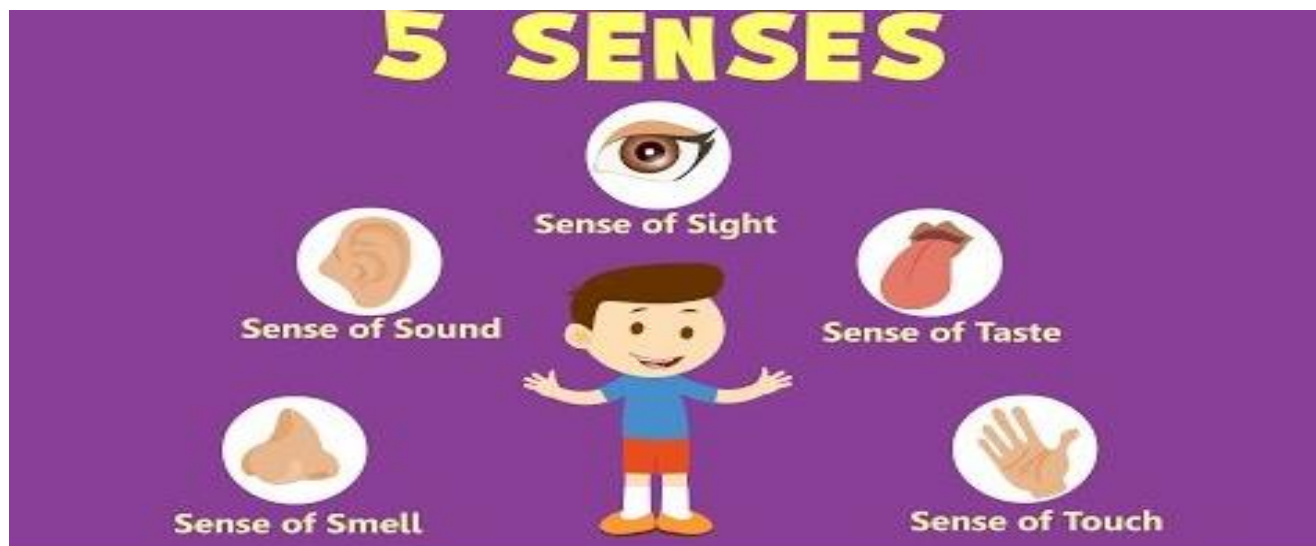


**EXTERNAL BODY PARTS:** - The body parts which we can see from outside are called external body parts, such as hands and feet.



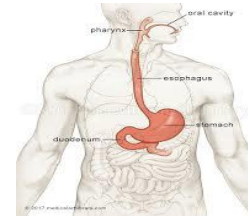
Do You Know How we sense things around us ?

**SENSE ORGANS:-** These are another set of important external organs.



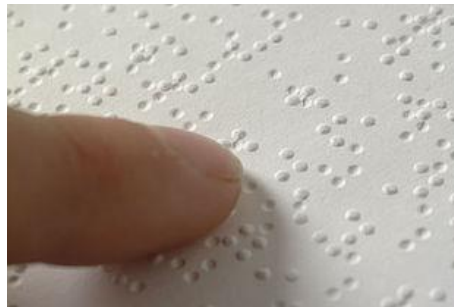
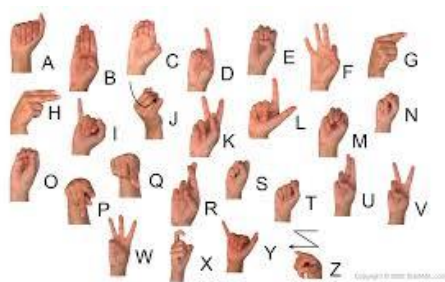


**INTERNAL BODY PARTS:-** The parts which are inside our body and cannot be seen from outside are called internal body parts. Heart, Lungs, Stomach and Brain are our internal body parts.



**DIFFERENTLY-ABLED PEOPLE:-** Some people who cannot see, hear, speak or walk. They are differently-abled people.

They use various methods like sign language, Braille script, etc. to read and communicate.



**OLD AGE: -** In old age, people become weak and frail.

**Differently-abled and aged people should be loved and respected.**





## TEACHER DIRECTIONS: -

Dear Students,

- Kindly do this entire work in your particular EVS notebook(one side plain that used for diagram or activity purpose and one side (four line) English that used for writing or Theoretical part notebook)
- Leave one page before you start your work for **P.A-1 Syllabus**.
- **Draw the margins properly.**
- **Read loudly and learn it.**
- **Handwriting should be neat and clean.**

### Chapter-1 (Parts of Our Body)

Note:- Do it in EVS notebook.

#### Content (Page no.1 on notebook)

1. Define Terms
2. Well labelled Diagram
3. Very Short Question- Answer
4. Matching
5. Short Question- Answer
6. High Order Thinking Skills

#### Q:1 Define Terms:- (Page no. 2 on notebook)

i) External Body Parts:-The body parts which we can see from outside are called external body parts. For example:- hands and feet.

ii) Internal Body Parts:- The parts which are inside our body and cannot be seen from outside are called internal body parts. Heart, Lungs, Stomach and Brain are our internal body parts.

#### Q:2 Draw well diagram :of **Two External** and **Two Internal** Organs.( On plain page left side)

##### EXTERNAL ORGANS



##### INTERNAL ORGANS



**Q:3 Very Short Question – Answer :- (Page no. 3 on notebook)**

**Q:1 Which Organ controls the whole body and help us to think?**

**Ans.:- Brain**

**Q:2 How many lungs are present in our body?**

**Ans.:-Two**

**Q: 3 Which body part allows you to have the sense of smell?**

**Ans. :- Nose**

**Q: 4 Where do we store food in our body?**

**Ans.:- Stomach**

**Q: 5 Which body parts are called 'Gateways of Knowledge'?**

**Ans. :- Sense Organs**

**Q:4 Matching :- (Page no. 4 on notebook)**

**i) Kidneys**

**a) Air(iii)**

**ii) Heart**

**b) Food(iv)**

**iii) Lungs**

**c) Blood(ii)**

**iv) Stomach**

**d) Waste(i)**

**Q:5 Short Question – Answer :- (Page no. 5 on notebook)**

**Q: 1 Write Functions each of the following:**

**(i) Brain (ii) Heart**

**Ans. :-Brain:- (i) Brain thinks and controls the functions of all other body parts.**

**(ii) It also stores information in the form of memories.**

**Heart:-(i) Heart pumps the blood to all parts of the body.**

**(ii)It is connected to blood vessels which carry blood from and to the heart.**

**Q:2 What are the five Sense Organs?**

**Ans. :-Sense Organs help us to feel and sense things around us. We have five Sense Organs:- Eyes, Ears, Nose, Tongue, Skin.**

**Eyes:-It help us to see the world around us.**

**Ears:-It help us to hear different sounds.**

**Nose:-It helps us to smell.**

**Tongue:-It helps us to smell .**

**Skin:-It helps us to feel things.**

**Q:-3 Why do old people need help?**

**Ans. : Old people need help because their body becomes weak and fragile with the passage of time.**

**Q:-4 What are the people, who cannot see, hear, speak or walk called?**

**Ans. :- People, who cannot see, hear, speak or walk are called Differently –Abled People.**

**Q:6 High Order Thinking Skills :- (Page no. 6 on notebook)**

**(a) We have five sense organs. Mention at least two activities where we use more than one sense organ.**

**Ans. :a) Smell and eat delicious food(nose and tongue)**

**b)Watch Television(eyes and ear)**

**(b) We should respect and help differently- abled and aged people. How can you help a differently abled student of your class?**

**Ans. :-(i) By loud reading to make them better understanding of the chapters .**

**(ii) By carrying their bags to the classroom . (Ch.: 1 is completed)**

