

CLASS – III
LEARNING OUTCOME – 5

EVS 6.5 Describes need of food for people of different age groups, animals/birds, availability of food and water and use of water at home and surroundings.

Q.1 Which of these statements are CORRECT?

1. Cooking makes the food soft, tasty and easy to chew and digest.
2. Reheating food again and again restores nutrients in the food.
3. Eating junk food very often can lead to health problems.
4. Old people need food that is hard and raw.

Q.2. All children need to eat healthy food _____.

1. for growth only
2. for taste
3. for growth and energy*

Q. 3 Number the following activity from 1 to 5 according to the use of water. 1 for less use of water and 5 for excess use of water.

- a. Washing of clothes ()
- b. Making a cup of tea ()
- c. Cooking rice ()
- d. Watering plant ()
- e. Brushing ()

Q.4 Put a circle around those places that are either in your house or around it.

Q.5 Fill in the table as per their age group

	What can they eat	What they can not eat
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	What can they eat	What they can not eat
Child		
Young		
Old		

Q.7 Write the things which can be prepared from

- a. Wheat
- b. Rice

Q.8 Choose the correct group for each item

- a. Flowers
- b. Leaves
- c. Fruit
- d. any other part of a plant

Q.9 Complete the process of making lemon water

Take a glass of water- _____ -add lemon juice- strain it- lemon water is ready

Q.10 Match the bird with their food



In the blank space draw a picture of the beak of some other bird, colour it and write its name.

Just as birds have different types of beaks, they also eat different types of food. While some eat fruits, some eat seeds. Some eat eggs, while others eat fish.



Match the birds with their food.

