

## Science Assignment 3

### I. Read the following Chapter



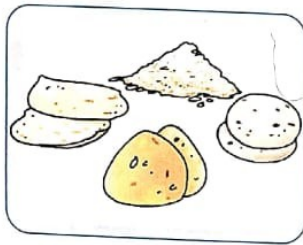
Things that we eat are called food. Food is our basic need. We cannot live without food.

There are different kinds of food that we eat.

CEREALS, e.g. Rice, Wheat, Corn, Barley etc.

PULSES, e.g. Gram, Peas, Lentils etc.

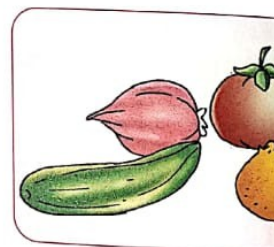
VEGETABLES, e.g. Potato, Tomato, Brinjal, Onion, Beans etc.



Cereals



Pulses

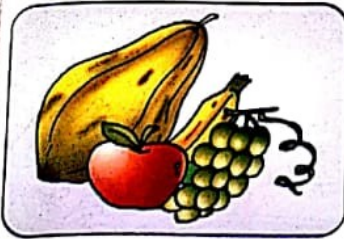


Vegetables

FRUITS, e.g. Mango, Banana, Grapes, Papaya, Guava, Orange etc.

MILK PRODUCTS, e.g. Milk, Curd, Butter, Cheese, Mawa etc.

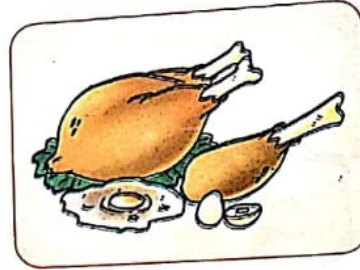
EGG and MEAT, e.g. Egg, Mutton, Chicken etc.



Fruits



Milk Products



Egg and Meat

DRINKS and JUICES, e.g. Cola, Fruit Juice, Shakes etc.

SWEETS, e.g. Chocolate, Cake, Candy, Barfi, Rasgullah etc.



Drinks and Juices



Sweets



### Fact File

- ☞ The food we eat in the morning is called breakfast.
- ☞ The food we eat in the afternoon is called lunch.
- ☞ The food we eat in the night is called dinner.



### Things to Remember

- Food : Things that we eat.

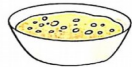


## II. Learn the spellings

Food helps us to grow.



Rice



Dal



Chapati



Bread



Vegetables



Fruits



Milk



Butter



Cheese



Meat



Eggs




Fish

Never waste food.




## III. Do the activities given below


### Activity 1.

**Activity** 


Complete the names of the given food items.




B R E \_ \_




M \_ \_ K




B \_ T \_ \_ R



F \_ U \_ \_ S



V \_ G \_ T \_ B \_ \_ S








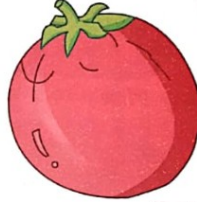


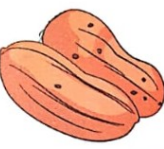
F \_ \_ \_ H

**Teacher's note**  
Let the children name as many fruits and vegetables as they can. Jot down the names on the blackboard under two separate columns for further reinforcement.




**Activity 2.**

Tick (✓) the food items that are healthy.

 Pizza <input type="checkbox"/>	 Mango <input type="checkbox"/>	 Chocolate <input type="checkbox"/>
 Egg <input type="checkbox"/>	 Milk <input type="checkbox"/>	 Tomato <input type="checkbox"/>
 Colas <input type="checkbox"/>	 Juice <input type="checkbox"/>	 Nuts <input type="checkbox"/>

**Interesting Fact**  
Beans might be small in size, but they are very healthy.



[ Do the above activities in any rough copy.

Try to draw the above pictures ]

----- E N J O Y -----