

Chuni Lal Sachdeva

D.A.V Centenary Public School Jaito

Class-3

Subject- Science

Assignment Ch- 8 Food

1. Ravi had a chapati and a bowl of kidney bean and a bowl of spinach make a table to show which part of plant had been used in food.
2. Why milk is considered as complete food?
3. Which food can make us fat or obese?
4. Name the following:
 - A. Two seeds of plants that are used as food.
 - B. Two leaves eaten as vegetables.
 - C. Two fruits eaten raw.
 - D. Two stems eaten as vegetables.
5. Why do we need to eat food?
6. Why do people doing hard work or labour need to eat more chapati and rice?
7. What should be present in diet of the person who is growing?
8. Which food protects us from diseases?
9. Which part of food gives energy to man?
10. Name the leaves of plants used for garnishing and flavouring the food.
11. Why should we have fruits in our diet?
12. Name three different things obtained from seeds of wheat other than flour.
13. What kind of food is eaten by people of old age?
14. What is a nutrient?
15. Why do we mostly eat nuts in winters?