

Name: _____ Grade: III Branch: _____ Date: 25/04/20

Subject: Science

TOPIC: FOOD GROUPS

Balanced Diet: A diet consisting of a variety of different types of food and providing adequate amounts of nutrients necessary for good health.

Different types of food groups:

Type of food group	Function	Examples
Carbohydrates	Helps your body work properly	Whole grain bread , pasta, brown rice , potatoes etc
Proteins	Needed for chemical reactions in our body	Milk , eggs , cheese, fish etc
Vitamins & Minerals	Helps your body grow and repair itself	Spinach , nuts, vegetable oils
Fats & Oils	Acts as an energy store	Butter , cheese , eggs, dark chocolate
Fibre	Gives you energy	beans , leafy vegetables, etc
Water	Cleans our digestive system	

Answer the following Questions:






Q.1. What is a balanced diet?

A. _____

Q.2. Which food group will help us to clean our digestive system?

A. _____

Q.3.Match the picture and word:

 <p>shutterstock.com • 630239534</p>	<p>Fiber</p>
	<p>Fats and oils</p>
	<p>Vitamins & Minerals</p>
 <p>shutterstock.com • 350655557</p>	<p>Proteins</p>
 <p>shutterstock.com • 144697729</p>	<p>Carbohydrates</p>

Q.4. Find the hidden words in word grid:

Hint: BREAD, CEREAL, EGGS, FRUITS, MEAT, POTATO, YOGURT, GRAIN, BUTTER, FISH

F	I	S	H	Q	W	E	R	T	B	Y	U	I	O	P
R	A	S	D	F	G	H	J	K	U	L	Z	X	B	C
U	Z	X	C	V	B	N	M	P	T	L	M	N	R	I
I	C	E	R	E	A	L	Q	A	T	Z	W	S	E	X
T	E	D	C	R	F	V	T	G	E	N	J	I	A	K
S	P	L	M	K	O	I	U	G	R	A	I	N	D	P
M	N	B	V	Y	C	X	Z	A	S	D	F	G	H	O
J	K	L	P	O	O	I	U	Y	T	R	E	Q	W	T
L	L	J	H	G	G	F	D	S	A	Z	X	C	V	A
E	G	G	S	U	B	G	M	E	A	T	N	H	U	T
T	Y	U	J	R	I	K	O	L	P	M	N	J	G	O
R	F	T	G	T	J	N	B	V	C	Y	F	G	U	J
I	K	O	H	G	F	C	F	T	G	T	Y	H	R	F

Q.5. Give two examples for fats & oils.

A. _____

Q.6. What are Dairy Products?

A. _____

Q.7. Why a balanced diet is important?

A. _____

Q.8. Write about “Importance of healthy food”.