

Date: _____

Class: 3

Div: A / B / C

Subject: Science

Name: _____

Roll No: _____

6. THE FOOD WE EAT (TEXTBOOK ANSWER KEY)

6. SHORT ANSWER QUESTIONS

a. Who needs more energy-giving foods, a sportsperson or an office goer? Why?

Ans:- A sportsperson needs more energy-giving foods than an office goer because sportsperson do more physical work than office goers.

b. Name the food item which is present in all three categories of food.

Ans:-

i. Milk is the food which is present in all three categories of food.

ii. It gives us energy, helps us grow and keeps us healthy.

c. Why are some food items cooked and some are not?

Ans:-

i. Cooking makes the food soft and easy to digest.

ii. It kills germs present in food.

iii. It improves the taste and smell of food.

d. Give two examples of each of the three food groups.

i. Energy-giving foods - Sugar, Butter

ii. Body-building foods - Fish, Nuts

iii. Protective foods - Spinach, Mango

e. Why do we need body building foods?

Ans:- We need body building foods as it helps us to grow and repair.

7. Competency Based Questions:

1. Sanjay was found to have low calcium levels when his blood was tested. Which part in his body would get affected the most if this deficiency is prolonged?

Ans:- Bones

2. Seema goes to exercise in the gymnasium every day. She is working hard to build strong muscles. Her diet should be rich in which nutrients to achieve this goal?

Ans:- Proteins
