

Practice Worksheet 3

Lesson 3-Where Food Comes From

(This worksheet is made for the better understanding of the topic by the students...There is no need to purchase any separate book or material for the same. Children have to solve the worksheets in their rough copy and only the answers have to be written.)

Q.1 Match the following:

1. PROTEINS

2. VITAMINS

3. CARBOHYDRATES

4. MINERALS

5. FATS

Pasta, bread and rice.



Chicken, fish and eggs.



Fatty fish, olive oil and nuts.



Fruits and vegetables.



Dairy products and vegetables.



Q.2 Unscramble the following words and write them correctly:

1. LNATSP

2. UITFRS

3. SECPIS

4. MALINAS

5. SEPULS

6. TRIUNTENS

Q.3 Fill in the blanks using correct word from the box:

Animals, bees, plants, healthy and active, plants and animals

1. Food we eat comes from _____ and _____.

2 Food is required to keep our body _____ and _____.

3 We get fruits and vegetables from _____.

4 _____ give us milk, meat and eggs.

5 Honey is made from nectar of flowering plants by _____.

Q4. Identify the sources of the below mentioned food items and classify them in the box given:

Cheese

Pepper

Groundnut

Moong dal

Fish

Wheat

Meat

Banana

Honey

<u>Food from plants</u>	<u>Food from animals</u>

ANSWER KEY

(This is for the reference of the parents, please do not share it with children. Let them solve this worksheet by themselves.)

Q1. Match the following:

1. Proteins - Chicken, fish and eggs
2. Vitamins – Fruits and vegetables
3. Carbohydrates – Pasta, bread and rice
4. Minerals – Dairy products and vegetables
5. Fats – Fatty fish, Olive oil and nuts

Q.2 Unscramble the following words and write them correctly:

- | | | |
|------------|-----------|--------------|
| 1. PLANTS | 2. FRUITS | 3. SPICES |
| 4. ANIMALS | 5. PULSES | 6. NUTRIENTS |

Q.3 Fill in the blanks using correct word from the box:

1. plants and animals
2. healthy and active
3. plants
4. Animals
5. bees

Q.4 Identify the sources of the below mentioned food items and classify them in the box given:

<u>Food from plants</u>	<u>Food from animals</u>
1. Cheese	1. Pepper
2. Fish	2. Groundnut
3. Meat	3. Moong dal
4. Honey	4. Wheat
	5. Banana
