



CLASS III: EVS
CHAPTER -8
FOODS WE EAT

Key Notes:

- Food provide us energy to work, study and play.
- There are two main sources of food; Plant sources and animal sources.
- Meat, egg, milk etc. are animal products.
- Fruits, cereals, vegetables, pulses etc. are plant products.
- There are three main types of foods;
 - i) Energy giving food.
Eg, Carbohydrates, fats etc.
 - ii) Body building foods (Proteins)
Eg, Milk, meat etc.
 - iii) Protective foods (Vitamins)
Eg, Fruits, Vegetables etc.
- Food habit varies with people and places.

Textual Questions and Answers:

Q1. Write the names of the plants that can be eaten. Name the part of the plant you eat.

Ans:

Plants we eat	Parts of the plants
1. Cabbage	- Leaves and flower
2. Radish	-
3. Pumpkin	-
4. Brinjal	-
5. Mustard	-
6. Cauliflower	-
7. Sugarcane	-
8. Apple	-

Ans :

Plants we eat	Parts of the plants
1. Cabbage	Leaves
2. Radish	Roots
3. Pumpkin	Fruits
4. Brinjal	Fruits
5. Mustard	Leaves and Seeds
6. Cauliflower	Flower and Leaves
7. Sugarcane	Stem
8. Apple	Fruits

2. What food do we get from animals? Make a list of food items prepared from animals and animal products.

Ans: List of food item we get from animals and animal products:
Milk, Cheese, Butter, Ghee, Eggs, Meat (Pork, Chicken, Beef) fish, etc.

3. From which sources do we get our food?

Ans: We get our food from both plants and animals.

4. Name of some things are given below. Put a tick mark "✓" on the things that can be eaten:

Ans: Mushroom ✓ Amla ✓ Castor ✓
Snail ✓ Lotus stem ✓ Bajra ✓
Frog ✓ Coconut Oil ✓ Buffalo Milk ✓
Meat ✓ Black Head Rice ✓
Onion Seeds ✓ Cauliflower ✓
Crab ✓ Pebbles ✓
Red Ants ✓ Cactus ✓
Hen's Egg ✓ Oxalis ✓
Fish ✓ Earthworm ✓

Extra Questions and Answers

Q1. What does food give us?

Ans: Food gives us energy to work, study and play.

Q2. What are cereals? Give some examples.

Ans: Food items whose seeds/grains can be eaten are known as cereals.
E.g, Rice, Wheat, Maize, Bajra etc.

Q3. What are energy giving foods?

Ans: Foods like ghee, oil, sugar, gur etc. which provides energy to the body are called energy giving food.

Q4. Name some body building foods.

Ans: Milk, Eggs, Meat, Pulses, Curd, Cheese etc.

Q5. What are protective foods? Give examples.

Ans: Those food items that protect us from diseases and make us fit and healthy are known as Protective foods.
E.g; Fruits, Vegetables etc.

