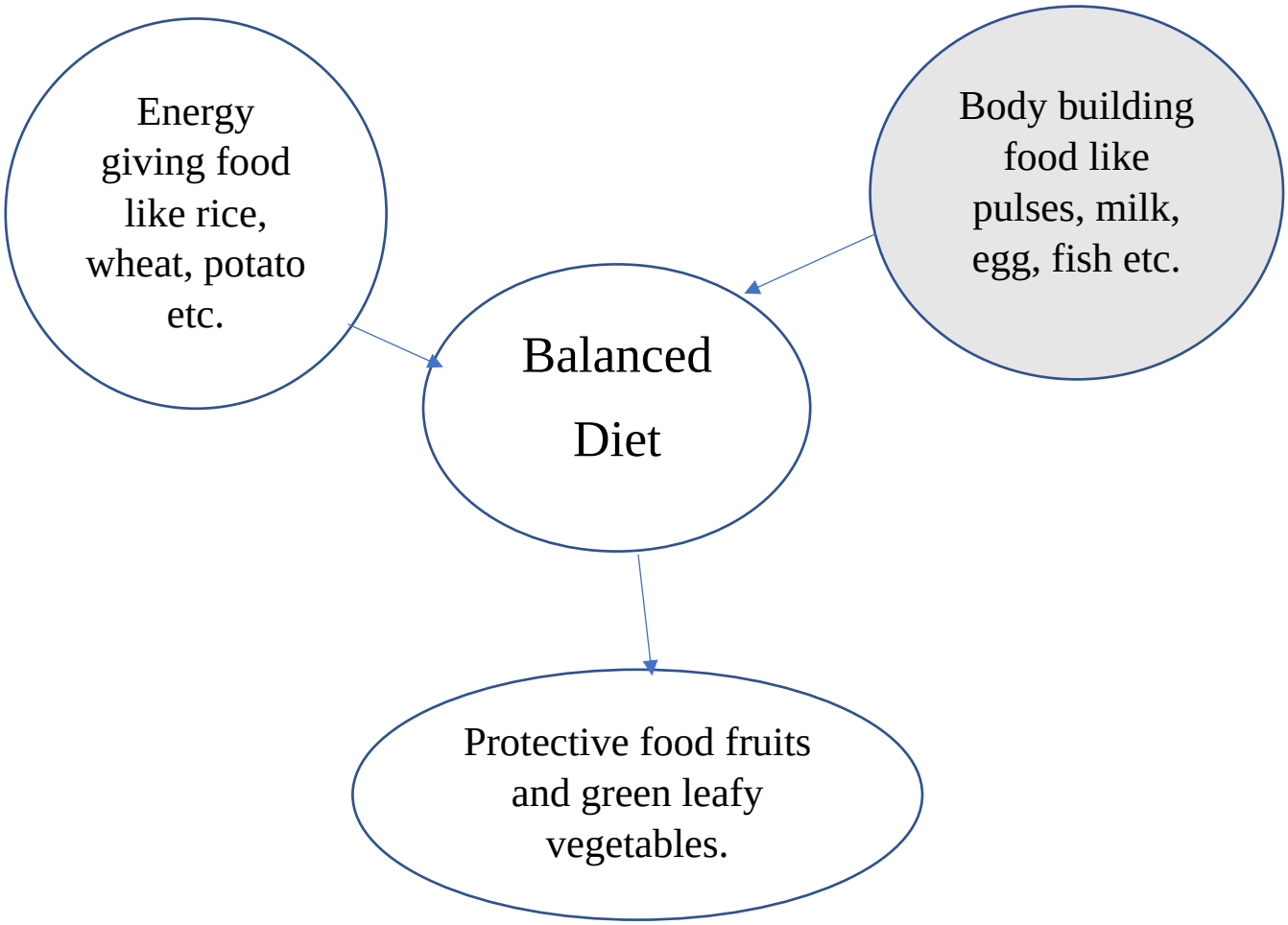
Grade 3 EVS

Chapter 4 Food and Balanced Diet

Mind map



Let's Practice

1. Milk
2. Proteins
3. energy
4. Calcium

Q2.

a. Rice, Chapati, banana, potato

b. Butter (ghee), meat

c. Milk, eggs, fish, gram, beans

d. Fruits, vegetable, nut, milk

Ans 3. Eating vegetables and fruits is important for a healthy diet as they contain vitamins, minerals, fiber and less in calories.

Ans 4. Junk food are low in fiber and often filled of refined ingredients. They are full of fats and calories. Eating junk food daily can lead to many diseases.

Ans 5.

a. Fats are required in small quantity.
b. Mother’s milk is best for infants.
c. Dairy products such as milk and yogurt provide you with calcium for growing bones.
d. Fruits are source of vitamins.

Ans 7.

a. Carbohydrates:- The two main forms of carbohydrates are sugars (such as fructose, glucose, and lactose) and **starches**, which are found in foods

such as starchy vegetables, grains, rice, breads, and cereals.

b. Fats:- **Fat** also has many other important functions in the body, and a moderate amount is needed in the diet for good health such as butter(ghee), meat etc.
c. Proteins:- Proteins help body to grow, they help to repair the injured parts of the body such as milk, fish, egg, peas etc.

Ans 8. A growing child needs a complete balanced food consisting of proteins, fats, vitamins and minerals. Examples:- fruits, vegetables, sprouts, dairy products etc.

Extra Questions

Q1. What is food?

Ans. Anything which we eat to live is called food. For example: Roti ,bread ,butter ,fruits vegetables, pulses, vegetable oil, butter, desi ghee, **eggs**, **meat**, chicken , fish, **egg** etc. Food is necessary for us because it provides matter for the growth of our body and energy to do work.

Q2. What is Balanced Diet?

Ans. A **balanced diet** includes all the basic requirements of nutrients, including carbohydrates, vitamins, proteins, fats, fiber and a lot more.

Q3. **What are the basic food groups?**

- breads, cereals, rice, pasta, noodles and other grains.
- **vegetables** and **legumes**.
- **fruit**.
- milk, yoghurt, cheese and/or alternatives.
- lean meat, fish, poultry, eggs, nuts and **legumes**.