

NURTURE INTERNATIONAL SCHOOL
(Affiliated to CISCE, New Delhi)
WORKSHEET

Name: _____

Class: III

Date: _____

Subject: EVS

Tier - 3 (Unit - E)

Q1. Write the methods of preservation of given food items -

- a) Chicken
- b) Milk
- c) Tomato sauce
- d) Mango pickle
- e) Grapes

Q2. Write any three preservation process -

- a)
- b)
- c)

Q3. Give one word to the following -

- a. It kills micro organisms
- b. It preserves cooked and raw food
- c. It delays bacterial growth
- d. It preserves fruits
- e. It preserves meat and pickle
- f. Spoilt food leads to food
- g. Spoilt food is unsafe to



NURTURE INTERNATIONAL SCHOOL
(Affiliated to CISCE, New Delhi)
WORKSHEET

Name: _____

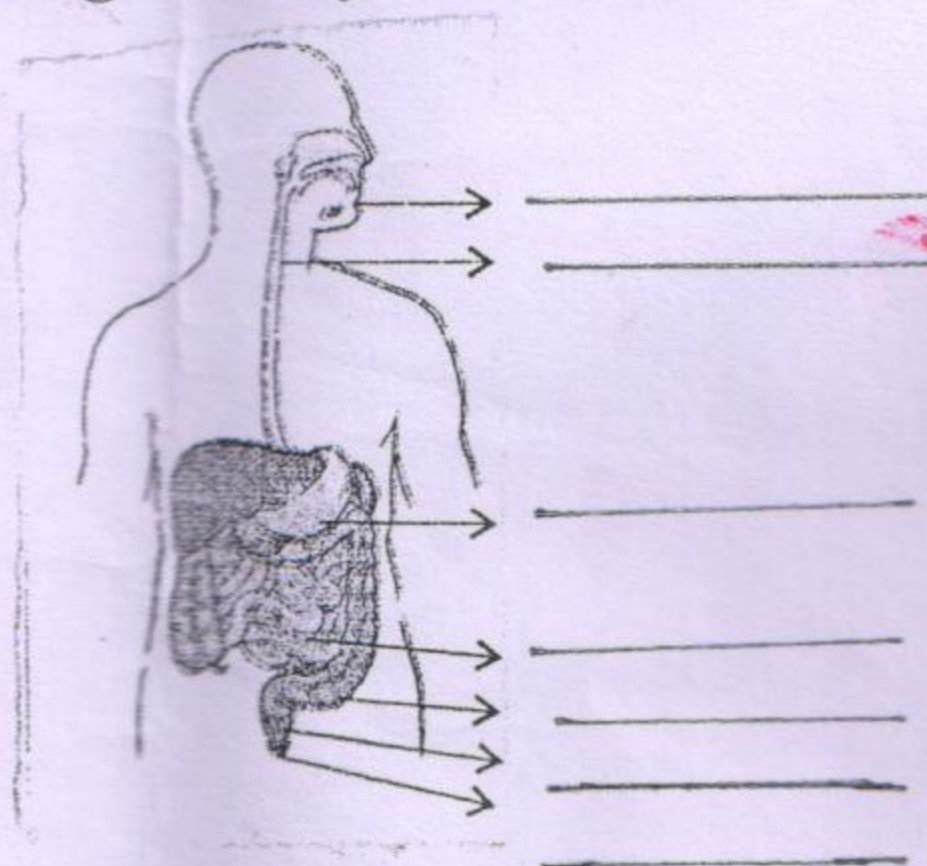
Date: _____

Class: III

Subject: EVS

Tier - 3
Unit - D

Q1. Table the parts of digestive system –



Q2. Fill in the blanks –

- A diet is necessary for a healthy body.
- are one of the healthiest foods to eat.
- I eat food slowly and it properly.
- Drink plenty of to digest food easily.
- Do not munch in between meals.



NURTURE INTERNATIONAL SCHOOL
(Affiliated to CISCE, New Delhi)
WORKSHEET

Name: _____
Class: III

Date: _____
Subject: EVS

Tier - 3
Unit - C

Q1. Write the name of food items that can be eaten raw, cooked and eaten raw and cooked both -

- a) Eaten Raw -
- b) Cooked -
- c) Eaten raw and cooked both -

Q2. Write some advantages of cooking -

- a)
- b)
- c)

Q3. Write the names of various methods of cooking and give one-one example of each -

Method

Example

- a)
- b)
- c)
- d)
- e)



NURTURE INTERNATIONAL SCHOOL
(Affiliated to CISCE, New Delhi)
WORKSHEET

Name: _____

Date: _____

Class: III

Subject: EVS

Tier – 3 (Unit – A)

Q1. Match the following –

- a) We are tasty and full of vitamins
- b) I am the natural source of vitamin D
- c) Always eat us to stay healthy
- d) I am present in small quantity in the salt

Sunlight
Nuts
Iodine
Fruits

Q2. Write the functions of these –

Nutrients

Function

a). Carbohydrates

b). Vitamins

c). Proteins



NURTURE INTERNATIONAL SCHOOL
(Affiliated to CISCE, New Delhi)
WORKSHEET

Name: _____

Date: _____

Class: III

Subject: EVS

Tier - 3 (Unit – B)

Q1. Write the functions of these –

Deficiency

Diseases

- a). Vitamin A
- b). Vitamin B
- c). Vitamin C
- d). Vitamin D

Q2. Write food in front of food groups –

- a) Energy giving food,
- b) I Body building food,
- c) Protective food,

Q3. Complete it –

- a) Swelling and bleeding of the gums is due to the lack of
- b) Deficiency of iron rich diet leads to
- c) Have two glasses of milk daily. Milk helps to build strong