

Food and Nutrition

Science · Class 3 · Topic-wise Practice Worksheet

TIME 40 minutes	QUESTIONS 15	TOTAL MARKS 21	MAX. SCORE ___ / 21
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Name: _____ Class/Sec: _____ Date: _____

INSTRUCTIONS

- There are **15 questions** in this worksheet. All questions are compulsory.
- Each question has four options (A), (B), (C) and (D). Exactly **one** option is correct.
- Questions 1–12 carry **1 mark** each. Questions 13–15 (Achievers Section) carry **3 marks** each.
- There is no negative marking. Study every diagram and table carefully.

Section A — Scientific Reasoning

Q1–Q8 · 1 mark each

- Foods that give us energy are rich in _____.
 (A) Carbohydrates (B) Proteins
 (C) Vitamins (D) Water
- Pulses, eggs, fish and milk are called body-building foods because they are rich in _____.
 (A) Fats (B) Roughage
 (C) Starch (D) Proteins
- Vitamins and minerals are called _____ foods.
 (A) Protective (B) Body-building
 (C) Energy-giving (D) Fatty
- The part of our food that is not digested but helps waste move through the intestines is called _____.
 (A) Protein (B) Roughage
 (C) Fat (D) Mineral
- Which mineral is needed for strong bones and teeth?
 (A) Iron (B) Iodine
 (C) Calcium (D) Sodium
- A shortage of iron in the diet causes _____.
 (A) Scurvy (B) Rickets
 (C) Goitre (D) Anaemia
- A meal that contains the right amounts of all the nutrients is called a _____ diet.
 (A) Balanced (B) Rich
 (C) Fried (D) Simple
- Salt is added in large amounts to pickles mainly to _____.
 (A) Improve the colour (B) Stop the growth of the microbes that spoil food
 (C) Add extra vitamins (D) Make the pickle heavier

9. In the table below, which row is **incorrectly** matched?

Row	Food	Nutrient present in plenty
(A)	Ghee	Fat
(B)	Chapati	Carbohydrate
(C)	Lemon	Protein
(D)	Fish	Protein

Table 9.1 — Foods and nutrients

- (A) Row (A)
- (B) Row (B)
- (C) Row (C)
- (D) Row (D)

10. A few drops of iodine solution are put on a piece of bread and it turns blue-black. What does this show?

- (A) Bread contains fat
(B) Bread contains protein
(C) Bread contains starch
(D) Bread contains vitamin C

11. A boy finds it very hard to see in dim light after sunset. Which food should be added to his diet?

- (A) Sugar (B) Rice
(C) Butter (D) Carrots and papaya

12. Why should vegetables be cooked only lightly?

- (A) Because overcooking destroys some of the vitamins in them
- (B) To save fuel
- (C) To make them heavier
- (D) To make them last longer

Achievers Section

Q13–Q15 · 3 marks each

13. Consider the following statements.

- (i) A balanced diet is exactly the same for every person.
- (ii) Drinking plenty of clean water is an important part of a healthy diet.
- (iii) Junk food such as chips and cold drinks gives plenty of energy but very few nutrients.

Which of the statements is/are correct?

- (A) (i) and (ii) only
(B) (ii) and (iii) only
(C) (i) and (iii) only
(D) All three

14. Two identical slices of bread are left out for four days. Slice X is kept damp in a warm dark cupboard and slice Y is kept dry in a closed tin. After four days slice X is covered with mould while slice Y is unchanged. What does this show?

- (A) Bread always turns mouldy in four days
- (B) Moulds grow well when moisture and warmth are available
- (C) Darkness alone causes mould
- (D) Moulds grow only on bread

15. Ravi's lunch is rice, chapati and a boiled potato. Which single addition would make his meal closest to a balanced diet?

- (A) More rice
(B) A glass of sugar syrup
(C) Dal and a green vegetable
(D) A second chapati

Answer Key

1	A	2	D	3	A	4	B	5	C
6	D	7	A	8	B	9	C	10	C
11	D	12	A	13	B	14	B	15	C

Solutions

1. Answer: (A) Carbohydrates

Carbohydrates such as rice, wheat, potato and sugar are broken down quickly to release energy, so they form the largest part of most meals.

2. Answer: (D) Proteins

Proteins build new cells, so they help the body grow and repair injured parts.

3. Answer: (A) Protective

Vitamins and minerals are needed in small amounts but they keep the body working properly and protect it from disease, so they are called **protective** foods.

4. Answer: (B) Roughage

Roughage, or dietary fibre, comes from the tough parts of fruits, vegetables and whole grains. It adds bulk to the food and prevents constipation.

5. Answer: (C) Calcium

Calcium hardens the bones and teeth. Milk, curd, cheese and green leafy vegetables are good sources.

6. Answer: (D) Anaemia

Iron is needed to make haemoglobin, the red substance in blood that carries oxygen. Too little iron causes **anaemia**, whose signs are paleness and constant tiredness.

7. Answer: (A) Balanced

A **balanced** diet has the right amount of energy-giving, body-building and protective foods, along with roughage and water.

8. Answer: (B) Stop the growth of the microbes that spoil food

Food spoils because bacteria and moulds grow on it. A heavy dose of salt draws water out of these microbes so they cannot grow, which **stops the growth of the microbes that spoil food**.

9. Answer: (C) Row (C)

A lemon is valued for its **vitamin C**, not for protein — it contains hardly any. The other three rows are matched correctly.

10. Answer: (C) Bread contains starch

Iodine solution turns from brown to blue-black wherever **starch** is present. This is the standard test for starch, which is a carbohydrate.

11. Answer: (D) Carrots and papaya

Difficulty in seeing in dim light is night blindness, caused by a shortage of vitamin A. **Carrots and papaya**, along with mango and green leafy vegetables, are rich in vitamin A.

12. Answer: (A) Because overcooking destroys some of the vitamins in them

Vitamin C in particular is destroyed by prolonged heating, so **overcooking destroys some of the vitamins** in vegetables. Light cooking keeps most of their goodness.

13. Answer: (B) (ii) and (iii) only

Statement (i) is false — a growing child, a labourer and an elderly person all need different amounts of food, so a balanced diet differs from person to person. Statements (ii) and (iii) are both true. Hence **(ii) and (iii)**.

14. Answer: (B) Moulds grow well when moisture and warmth are available

The two slices differed in moisture, so the moisture must explain the difference in the result. Mould spores float in the air everywhere, but they can grow only when they get moisture and warmth. This is exactly why food is preserved by drying.

15. Answer: (C) Dal and a green vegetable

Rice, chapati and potato are all carbohydrate-rich, so the meal already has plenty of energy but almost no protein, vitamins or minerals. Adding **dal and a green vegetable** supplies protein, vitamins, minerals and roughage. Every other option only adds more carbohydrate.