

CREST Science Olympiad (CSO) Worksheet *for* Class 3



Topic

Balanced Diet and Food Pyramid



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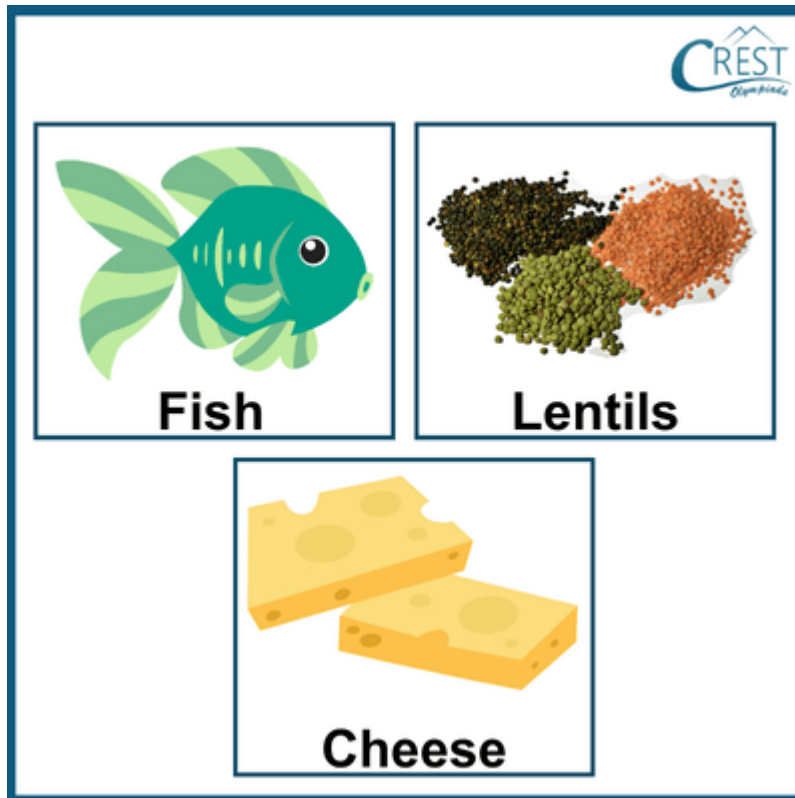
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Worksheet on Balanced Diet and Food Pyramid

1. Select the statement that best describes the food group shown in the picture.



- a. The majority of our diet should have healthy carbohydrates.
 - b. A moderate amount of protein is enough for a balanced diet.
 - c. Proteins are important and we should eat lots of them.
 - d. Fats are required only in small amounts.
2. Ray has excluded the following food items from his diet. Can we consider his diet balanced?



- a. Yes, his diet would still be considered balanced.
- b. No, his diet would not be considered balanced as lacks proteins.
- c. Yes, his diet would be considered balanced, with some impact on nutrients.
- d. No, his diet would not be considered balanced as it lacks vitamins and minerals.

3. Select the odd one out.

a.



b.



c.



d.



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4. Chris is helping his mom in making strawberry jam. How can they ensure that the jam is preserved for an extended period?
- By boiling the jam
 - By adding salt to the jam
 - Adding extra sugar to the jam
 - By drying the jam
5. Match the following.

	Column I		Column II
1.	Boiling	A.	Slow down the growth of bacteria and keep the food fresh for some time
2.	Refrigeration	B.	Prevents the growth of bacteria and keeps the food safe to eat for a long time
3.	Adding Preservatives	C.	Kills any bacteria present

- 1:B, 2:A, 3:C
- 1:A, 2:B, 3:C
- 1:C, 2:B, 3:A
- 1:C, 2:A, 3:B

Answer Key

- b - Fish, lentils, and cheese are all sources of protein. While proteins are indeed important for our body's growth and repair, it is not necessary to eat them in excessive amounts.
- d - Scratching birds like hens have sharp and hard claws with three toes in front and one at the back. They use claws to scratch and dig the ground in search of seeds and worms.
- a - Cabbage is an edible plant leaf whereas cauliflower, broccoli and artichoke are edible flowers
- c - Adding extra sugar to the jam acts as a preservative by preventing the growth of bacteria.
- d -
Boiling: Kills any bacteria present.
Refrigeration: Slow down the growth of bacteria and keep the food fresh for some time.
Adding preservatives: Prevents the growth of bacteria and keeps the food safe to eat for a long time.

More Questions Coming Soon – Keep Learning!

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