



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



Topic

Food We Eat



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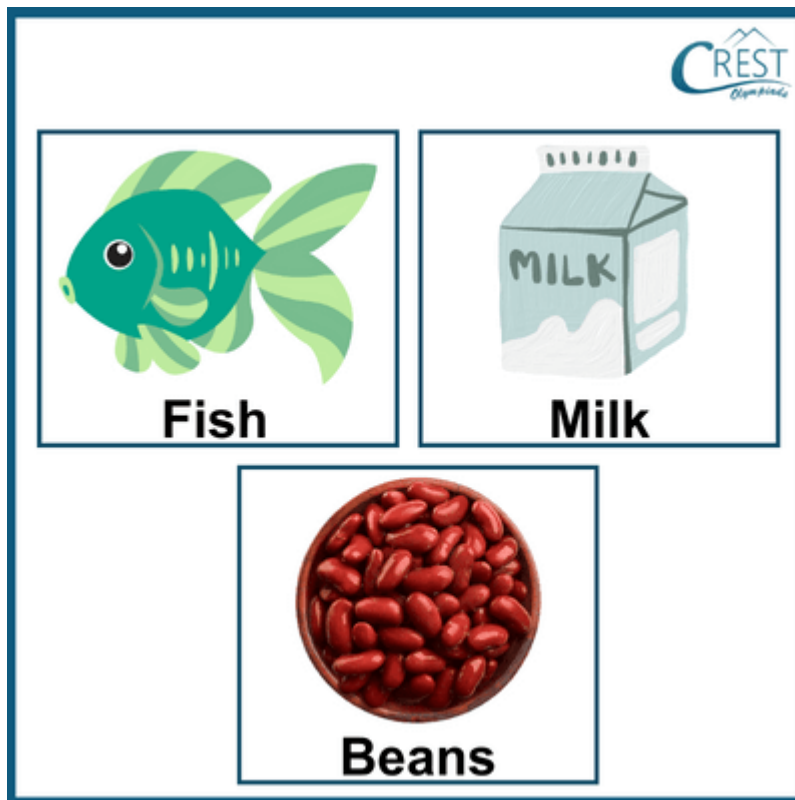
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Worksheet on Food We Eat

1. Match the foods given in the picture with their respective food groups.



- a. Carbohydrates and body-building food
 - b. Proteins and energy-giving foods
 - c. Fats and energy-giving foods
 - d. Proteins and body-building foods
2. Kate accidentally broke the bone in her arm. Her doctor suggested she should eat foods that make her bones strong. Which of the following food groups should she focus on??
- a. Carbohydrates
 - b. Fats
 - c. Minerals
 - d. Fibre

3. Which of the following is not essential for our body?

a.



b.



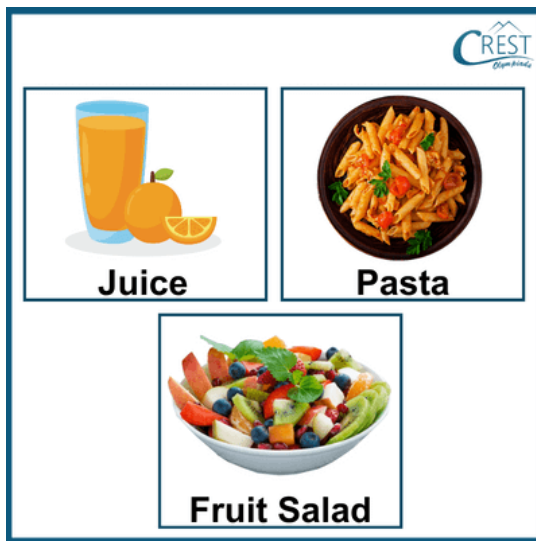
c.



d.



4. Dan attended his friend's birthday party and ate the food items shown in the picture. Select the correct statement regarding the food he ate.



- a. Pasta provides him with carbohydrates for energy.
- b. Juice provides him with protein.
- c. Fruit salad gives him carbohydrates for energy.
- d. Pasta provides him with fats for energy.

5. Match the following food groups with their respective functions.

	Column I		Column II
1.	Vitamin	A.	They build and repair the damaged cells in our body
2.	Protein	B.	They protect us against diseases and keep us healthy and strong
3.	Carbohydrates	C.	They store energy and protect the body against cold
4.	Fat	D.	They provide us with the energy to do various activities in our daily life

- a. 1:D, 2:B, 3:C, 4:A
- b. 1:B, 2:A, 3:D, 4:C
- c. 1:A, 2:B, 3:C, 4:D
- d. 1:B, 2:D, 3:C, 4:A

Answer Key

1. d - Fish, milk, and beans are good sources of protein, which makes them body-building food. It helps in building and repairing muscles.
2. c - Kate should eat mineral-rich food that can help in repairing and making her bones strong.
3. d - While rice, fruits, and water are considered essential components of a healthy diet due to their nutritional value and benefits, soda does not provide any essential nutrients to the body.
4. a - Pasta is a carbohydrate that provides us with energy.
5. b -
Vitamin: They protect us against diseases and keep us healthy and strong.
Protein: They build and repair the damaged cells in our body.
Carbohydrates: They provide us with energy to do various activities in our daily life.
Fat: They store energy and protect the body against cold.

More Questions Coming Soon – Keep Learning!



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