



CLASS 3 EVS · 2026-27

Our body and the food we eat

Body, food and health

48

QUESTIONS

20

MINUTES

4

EXERCISES

This belongs to _____ Date _____

WHAT YOU'LL GET GOOD AT

- Sorts foods into energy, body-building and protective groups
- Names each sense organ and what it lets us do
- Gives a reason for a healthy habit rather than just naming it

Take your time, and have a go at every one. If you get stuck, look at the orange box — Ollie has already done one for you.

Our body and the food we eat

Body, food and health · 48 questions · tick each box as you finish

Exercise 1 of 4 · 10 questions Write the sense organ and what it helps us do.



WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

eyes -> Eyes - they help us see. Simple, but write the full sentence. The nose and the tongue each do two things, and a child who writes only one is giving half an answer - that is the most common loss on this exercise.

1) eyes

2) ears

3) nose

4) tongue

5) skin

6) Which sense organ warns you that milk has gone bad?

7) Which sense organ tells you a pan is too hot to touch?

8) Which two sense organs work together when you eat?

9) Which sense organ helps you keep your balance as well as hear?

10) Name one way to look after your eyes.

Exercise 2 of 4 · 16 questions Sort each food: energy-giving, body-building or protective. ☐

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

rice -> energy-giving. Foods made mostly of carbohydrate - rice, chapati, potato, ghee - give energy. Foods that help us grow and repair - eggs, milk, dal, paneer - are body-building. Fruits and vegetables protect us from illness. Teaching the three questions ('does it fuel, build, or protect?') works better than memorising the lists.

1) rice

2) eggs

3) spinach

4) chapati

5) milk

6) orange

7) dal

8) ghee

9) paneer

10) potato

11) carrot

12) fish

13) sugar

14) banana

15) curd

16) tomato

Exercise 3 of 4 · 12 questions Give a reason for each habit. One sentence.

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

Why wash hands before eating? -> Because germs on our hands can go into our body with the food and make us ill. 'Because it is dirty' is not enough for Class 3 - the answer needs to say what actually happens. Ask your child 'and then what?' if their answer stops early.

1) Why should we wash our hands before eating?

2) Why should we not eat the same food every day?

3) Why should we drink plenty of water?

4) Why should we cover our mouth when we cough?

5) Why should we brush our teeth twice a day?

6) Why should fruits and vegetables be washed before eating?

7) Why should we not eat food that has been left uncovered?

8) Why do we need to sleep for about nine hours at this age?

9) Why should we play outdoors every day?

10) Why should we cut our nails short?

11) Why should we not share a handkerchief or a water bottle?

12) Why should we sit straight while writing?

Exercise 4 of 4 · 10 questions Write True or False. If it is false, write the correct sentence. ☐

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

Eating only fruit is a balanced diet. -> False. Fruit is protective food only, so energy and body-building food are missing. Say why it is false, not just that it is - the correction carries half the mark in Class 3.

1) A balanced diet has food from all three groups.

2) Eating only fruit is a balanced diet.

3) Milk is a body-building food.

4) We taste with our nose.

5) Germs are too small to see without a microscope.

6) Junk food gives us all the things our body needs.

7) Boiled and covered food is safer than food left open.

8) The skin is the largest sense organ we have.

9) We should drink water only when we feel very thirsty.

10) Green vegetables are protective foods.

**All done? How did that feel?**

Colour in a star. Three stars means you could teach it to someone else.



Tricky · Getting there · Easy now



Answer key

For grown-ups

Our body and the food we eat · keep this page back until your child has finished.

1. Write the sense organ and what it helps us do.

- 1) Eyes - they help us see.
- 2) Ears - they help us hear.
- 3) Nose - it helps us smell and breathe.
- 4) Tongue - it helps us taste and speak.
- 5) Skin - it helps us feel touch, heat and cold.
- 6) The nose - it smells the sour smell before we drink it.
- 7) The skin - it feels the heat before we are burnt.
- 8) The tongue and the nose - much of what we call taste is really smell.
- 9) The ears.
- 10) Read in good light, do not rub them with dirty hands, and look away from a screen often.

2. Sort each food: energy-giving, body-building or protective.

- 1) energy-giving
- 2) body-building
- 3) protective
- 4) energy-giving
- 5) body-building
- 6) protective
- 7) body-building
- 8) energy-giving
- 9) body-building
- 10) energy-giving
- 11) protective
- 12) body-building
- 13) energy-giving
- 14) protective
- 15) body-building
- 16) protective

3. Give a reason for each habit. One sentence.

- 1) Because germs on our hands can go into our body with the food and make us ill.
- 2) Because different foods give us different things our body needs, so eating only one leaves something out.
- 3) Because water helps our body work properly and replaces what we lose through sweat.
- 4) Because it stops germs from spreading through the air to other people.
- 5) Because bits of food left on the teeth turn into a coating that causes decay.
- 6) Because dust, germs and the chemicals sprayed on them stay on the skin until they are washed off.
- 7) Because flies and dust settle on it and leave germs behind.
- 8) Because the body grows and repairs itself during sleep, and we cannot pay attention the next day without it.
- 9) Because it makes our muscles and bones strong, and sunlight helps our body make vitamin D.
- 10) Because dirt and germs collect under long nails and go into our mouth with the food.
- 11) Because germs pass from one person to another on things we touch with our mouth or nose.
- 12) Because a bent back for hours every day slowly makes the back ache and the eyes tired.

4. Write True or False. If it is false, write the correct sentence.

- 1) True.
- 2) False - fruit is protective food only, so energy and body-building food are missing.
- 3) True.
- 4) False - we taste with our tongue, though the nose helps.
- 5) True.
- 6) False - junk food gives mostly energy and fat, and leaves out much of what the body needs.
- 7) True.
- 8) True.
- 9) False - we should drink water through the day, because thirst starts only after the body is already short of it.
- 10) True.

WHILE YOUR CHILD WORKS

- The three-question test - does this food fuel, build, or protect? - is far more useful than memorising which list a food is on.
- For the last exercise, 'and then what?' is the most useful prompt. Most Class 3 answers stop one step before the mark.
- Use what is actually on your table. A child sorting tonight's dinner remembers it better than a child sorting a printed list.

**Spotted a gap while marking?**

A free assessment is one live class with a matched teacher - no card, nothing to cancel. Afterwards you get an honest note on what they noticed.

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