

**Balika Vidyapith Lakhisarai (811311)**

**CLASS - 3**

**SUBJECT - EVS**

**Based On NCERT**

**Date - 15/09/2020**

**\* Food From Plants \***

**Food items from plants = Plants are the major source of food . Cereals , pulses vegetables and fruits we get from plants .**

**Cereals or Foodgrains = Wheat , rice and maize are the main cereals or foodgrains . They are rich in carbohydrates . They provide energy to our body . Wheat is ground to flour . it is used to make bread ,roti , naan , paratha and noodles . Rice is the staple food in many parts of the country .**

**Oats , maize and corn flakes are eaten as breakfast .**

**Pulses = Pulses are dried seed of some plants the main pulses are mung masur gram and rajma . They are rich in the proteins . Proteins help our body grow . children need a lot of proteins because they are in their growing stage .**

**Don't write only read it .**

***Answer these questions .***

***1. Why do we need food ?***

***Answer = We need food to get energy so that we can perform various activities .***

***2. Why do children need a lot of proteins ?***

***Answer = Children need a lot of proteins because they are in their growing stage .***

***Do it in copy  
and remember***

***\*\*\*\*\****

***Jyoti***

