



Brain International School

Vikas Puri, New Delhi

Ch.1 PARTS OF OUR BODY

ASSIGNMENT NO.1

SUBJECT: EVS

CLASS – III _____

APRIL 2025

NAME : _____

DATE: _____

Q.1 Choose the correct option:

a) The largest external organ of the human body is _____.

(i) head (ii) feet (iii) skin (iv) hands

b) A human heart beats _____ times in a minute.

(i) 60-100 (ii) 10-20 (iii) 40-50 (iv) 105-115

Q.2. Answer the following questions.

a) What do you mean by internal organs?

b) Which organ helps to digest food?

c) What is an artificial limb?

Q.3 Read the extract carefully and answer the following.

Sense organs are another set of important external organs. They help us to feel and sense things around us. They are eyes,ear,nose,tongue and skin.Eye helps us to see world around us, ear help us to hear sounds, nose help us to smell things, tongue helps us to taste different flavours of food and skin help us to feel things.

a) What are sense organs?

b) Name all the sense organs.

Q.4. Assertion and Reasoning based question:

Assertion : Dust particles do not enter our eyes.

Reason: Eye lashes and eye lids protect our eyes

A

Only A is correct.

B

Both A and R are correct and R is the correct explanation for A.

C

Only R is correct.

D

Both A and R are correct but R is not the correct explanation for A.

Q.5. Assertion and Reasoning based question:

Assertion : Legs helps us to move from one place to another.

Reason : Feet help us in standing properly.

A

Only A is correct.

B

Both A and R are correct and R is the correct explanation for A.

C

Only R is correct.

D

Both A and R are correct but R is not the correct explanation for A.

Q.6 Draw and label any one internal and external organ of the human body.





Ch.3 THE FOOD WE EAT

ASSIGNMENT NO.2

SUBJECT: EVS

CLASS – III _____

APRIL 2025

NAME : _____

DATE: _____

Q.1. Answer the following questions.

a) Why should we eat food?

b) Write any three healthy food habits.

Q.2. Choose the correct option.

a) Food items like sugar and potatoes are good source of _____.

- (i) energy (ii) fats (iii) vitamins (iv) minerals

b) A food item that contains 96% water is _____.

- (i) Pumpkin (ii) Cucumber (iii) Carrot (iv) Onion

Q.3. Read the extract carefully and answer the following.

Green leafy vegetables and fruits, like guavas, mangoes, litchis, bananas, etc., are called protective food as they are rich sources of vitamins and minerals. Milk and milk products are also examples of protective foods. Eating protective food items prevents us from falling sick often.

a) What do you mean by protective food? Give examples.

b) Eating protective food items prevents us from falling _____.

Q.4. Assertion and Reasoning based question:

Assertion :A balanced diet is a complete diet.

Reason:Cooking makes food softer and easier to digest.

A

Only A is correct.

B

Both A and R are correct and R is the correct explanation for A.

C

Only R is correct.

D

Both A and R are correct but R is not the correct explanation for A.

Q.5. Assertion and Reasoning based question:

Assertion :The more physical activity we do , the more energy we need.

Reason: We should select food based on our energy needs..

A

Only A is correct.

A

Both A and R are correct and R is the correct explanation for A.

C

Only R is correct.

D

Both A and R are correct but R is not the correct explanation for A.

Q.6 Identify the type of food and write its name in the given space.

a)



b)

