



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL

PERIODIC TEST 1 (2025-26) SUBJECT: EVS

Class: III

Date: 01/07/2025

Admission no.:

General Instructions:

Duration: 1 hr

Max Marks: 25

Roll no. :

* Attempt questions based on specific instructions for each part.

I. Fill in the blanks.

1 x 5

(water, woollen, plants, artificial fibres., energy)

1. Natural fibre obtained from _____ and animals.
2. Carbohydrates give us the _____ to do our daily work.
3. We should drink lots of _____ everyday.
4. We wear _____ clothes in winter.
5. Fibres that are made by humans are called _____

II. Match the following.

1 x 5

A

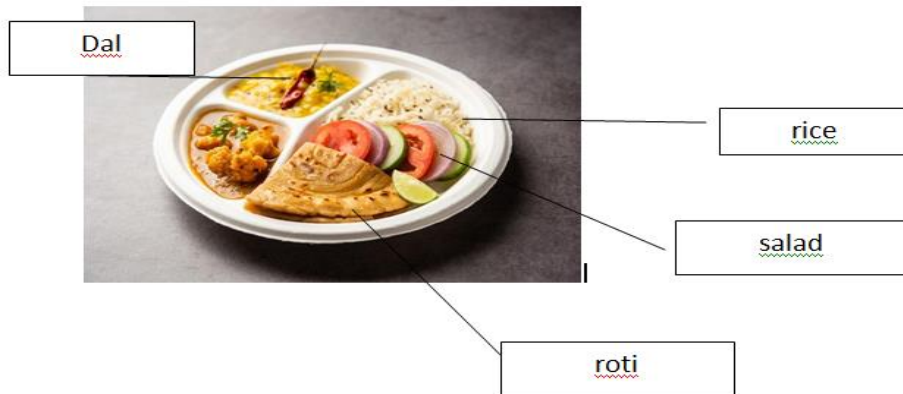
B

- | | |
|---------------------|---------------------------------|
| 1. Kuccha house | a. fish |
| 2. Roughage | b. fruits and vegetables |
| 3. Proteins | c. mud, dry grass, bamboo |
| 4. silk | d. Helps remove undigested food |
| 5. Protective foods | e. natural fibre |

III Answer these questions.

2 x 3

1. From the food item shown in the image , choose and write the names of the following:



- a) The food that provides energy - _____
- b) The food that is rich in protein - _____
2. Give two examples of each type of fibres.

Natural fibre	Artificial fibre

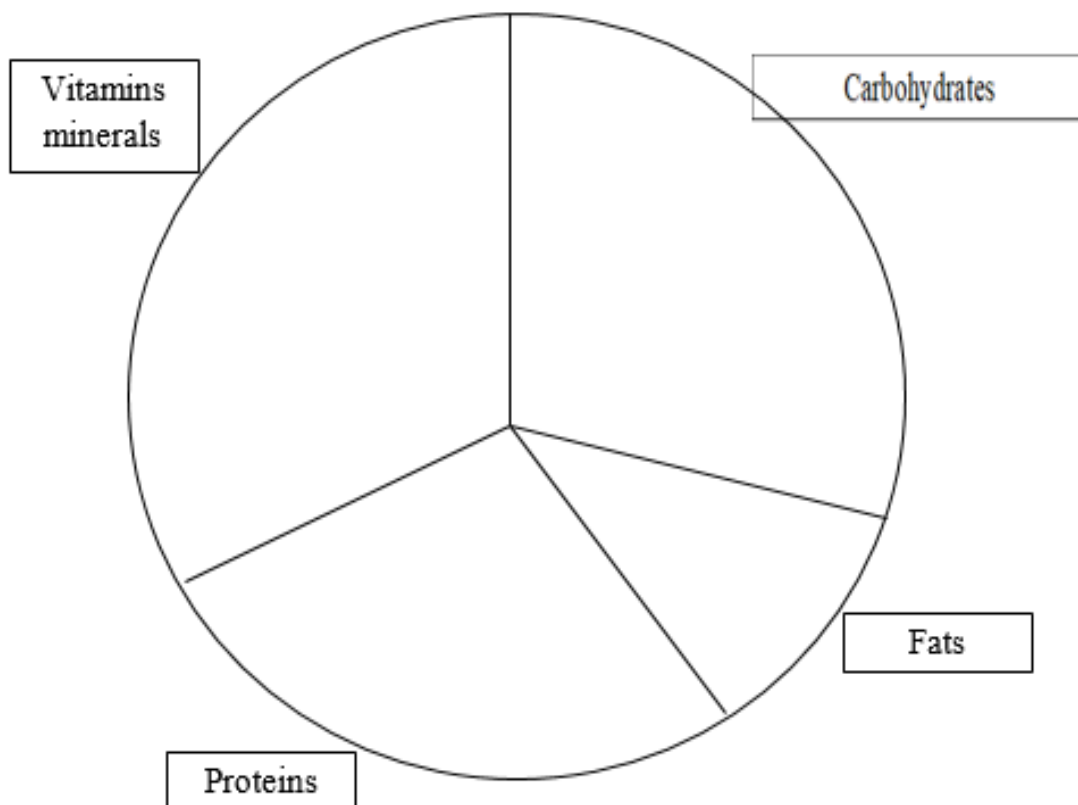
3. Name two things we wear during monsoon and explain why they are useful.

IV Answer these questions.

3 x 3

1. Write any three healthy eating habits.

2. Draw and colour the proper food item in a given meal plate.



3. List any three ways in which we can keep our house clean.
