



B.K. BIRLA CENTRE FOR EDUCATION

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



PERIODIC TEST 1 – 2026-27 EVS SET 1(MARKING SCHEME)

Class: III
Date : 11.06.26
Admission No:

Duration: 1 Hr
Max. Marks: 25
Roll No:

Q.1 Fill in the blanks.

(5x1=5)

- a. Food that gives us energy is called Energy – giving food.
- b. We should drink atleast 8-10 glasses of water daily.
- c. Houses made up of mud and straw are called Kutcha houses.
- d. Clothes we wear in summer are made up of cotton.
- e. Fruits and vegetables are rich in vitamins and minerals.

Q.2 Answer in one word.

(5x1=5)

- a. Food that protects us from diseases. Protective food
- b. A house made up of ice. Igloo
- c. Cloth worn in winter. woollen
- d. Main nutrient in rice. carbohydrates
- e. A person who designs our house. architecture

Q3. Answer in short.

(3x2=6)

- a. What is roughage?

Roughage is a special substance present in some foods that helps remove undigested food from our body.

- b. What do clothes protect us from?

Clothes protect us from heat, cold rain and wind.

- c. Define fibres. Give two examples.

Fibres are thin, long flexible thread like strands that are used to make clothes.

Q4. Long Answers.

(3x3=9)

- a. Describe the types of houses built for different weather conditions?

Houses in cold places: People living in snowfall and rainfall areas build their houses in a way that keeps them warm and protects them from rainwater and snow.

- b. State any five healthy eating habits.

- 1. We should wash our hands before and after meal.**
- 2. We should drink lots of water.**
- 3. We should always keep our food covered.**
- 4. We should always eat balanced meal.**
- 5. We should avoid junk food.**

- c. What will happen if you do not eat balanced diet?

If we do not eat balanced diet our body will not get all the nutrients that it needs to work properly. We will get tired fast and gain weight. We will also fall sick and our growth will be slow.