



B.K. BIRLA CENTRE FOR EDUCATION

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



PERIODIC TEST 1 – 2026-27 EVS Marking Scheme Set 2.

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. Milk is a **protective** food.
- b. Cotton clothes keep us **cool** in summer.
- c. A house made of ice is called **igloo**
- d. Food that helps us to grow is called **body building** food.
- e. Woollen clothes keep us **warm** in winter.

Q.2 Answer in one word.

(5x1=5)

- a. Food rich in proteins. **Milk, paneer, curd.**
- b. A house made up of cement, bricks. **Pucca house**
- c. We get wool from. **Sheep**
- d. Main nutrient in butter. **Fat**
- e. What can be put on the windows of our homes so that flies does not enter? **Wire Nets**

Q3. Answer in short.

(3x2=6)

a. What is nutrient?

Nutrients are the useful substances present in food that give us energy, help us grow, and keep us healthy.

b. Name the different types of houses?

There are many types of houses such as kutcha houses, pucca houses, huts, bungalows, apartments, tents, caravans, houseboats, and igloos.

c. Why do we need clothes?

We need clothes to cover our body and protect us from different weather conditions and keep us safe.

Q4. Long Answers.

(3x3=9)

a. Explain different types of clothes wore in different seasons?

We wear different types of clothes in different seasons to stay comfortable and protected from the weather. In summer, we wear light cotton clothes because they absorb sweat and keep our body cool. In winter, we wear woollen clothes like sweaters and jackets to keep ourselves warm. In the rainy season, we wear raincoats, use umbrellas, and wear gumboots to protect ourselves from rain. Thus, clothes help us stay safe and comfortable in all seasons.

b. Give the food sources for energy giving food, body building food and protective food long answer 3 marks

Food can be divided into three types based on their functions.

Energy-giving foods:

These foods give us energy to work and play. Their sources are rice, wheat, bread, sugar, potatoes, ghee, butter, and oil.

Body-building foods:

These foods help us grow and make our muscles strong. Their sources are milk, eggs, pulses (dal), meat, fish, and nuts.

Protective foods:

These foods keep us healthy and protect us from diseases. Their sources are fruits and vegetables like apples, oranges, spinach, and carrots.

b. Describe the feature of good house.

A good house should be clean, safe, and comfortable to live in. It should have proper ventilation with doors and windows so that fresh air and sunlight can come in. A good house should be strong and protect us from heat, cold, rain, and wind. It should have clean surroundings and proper drainage to keep away dirt and diseases. It should also have enough space for all family members to live comfortably.