



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

Class: III
Date : 11.06.26
Admission No:

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

Q.1 Fill in the blanks.

(5x1=5)

- Food that gives us energy is called _____ food.
- We should drink atleast _____ glasses of water daily.
- Houses made up of mud and straw are called _____ houses.
- Clothes we wear in summer are made up of _____.
- Fruits and vegetables are rich in _____.

Q.2 Answer in one word.

(5x1=5)

- Food that protects us from diseases. _____
- A house made up of ice. _____
- Cloth worn in winter. _____
- Main nutrient in rice. _____
- A person who designs our house. _____

Q3. Answer in short.

(3x2=6)

a. What is roughage?

b. What do clothes protect us from?

c. Define fibres. Give two examples.

Q4. Long Answers.

(3x3=9)

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

b. State any five healthy eating habits.

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

*****ALL THE BEST*****