

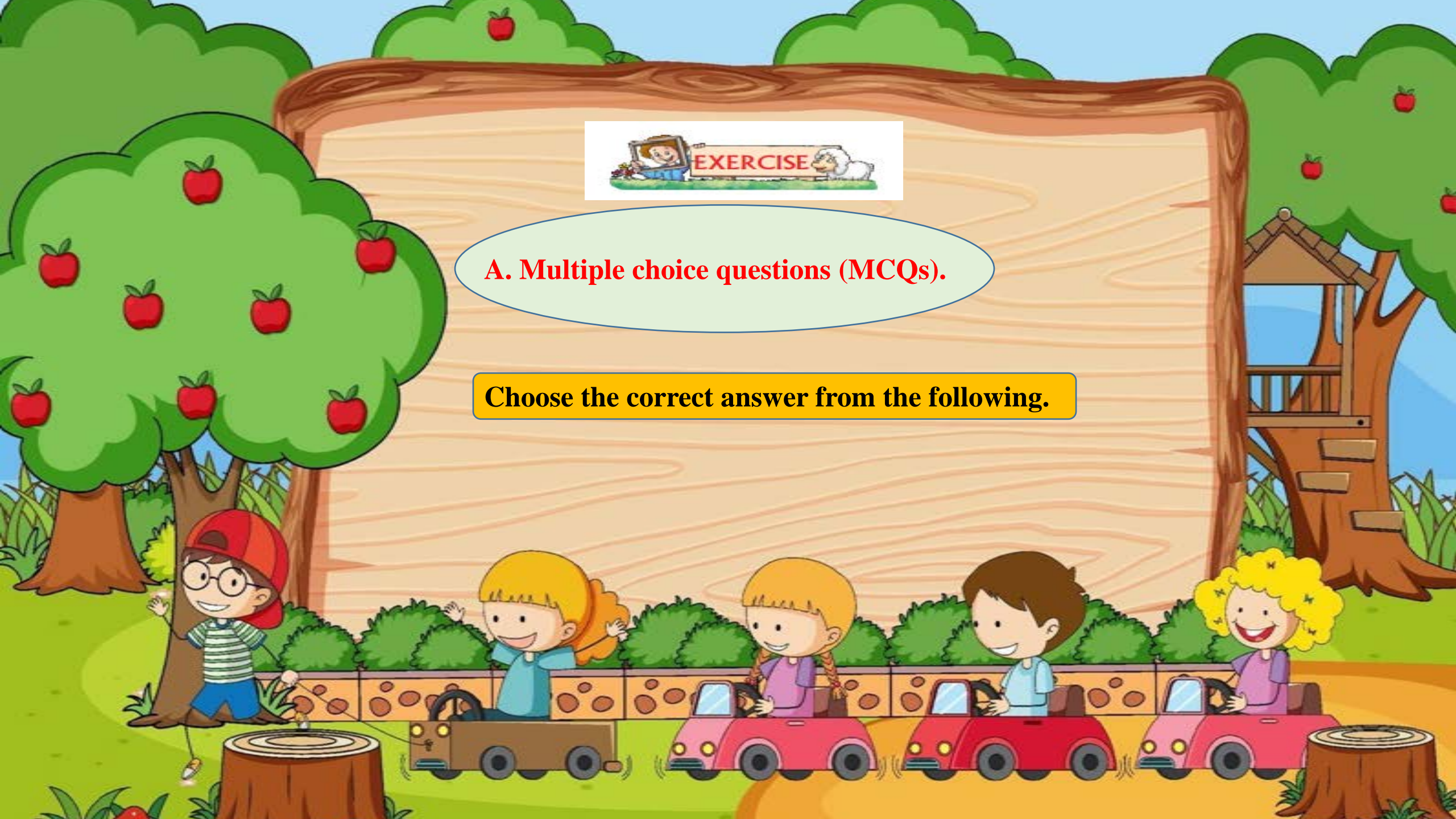


**Our Food
Exercise
CLASS 2
E.V.S**



A. Multiple choice questions (MCQs).

Choose the correct answer from the following.



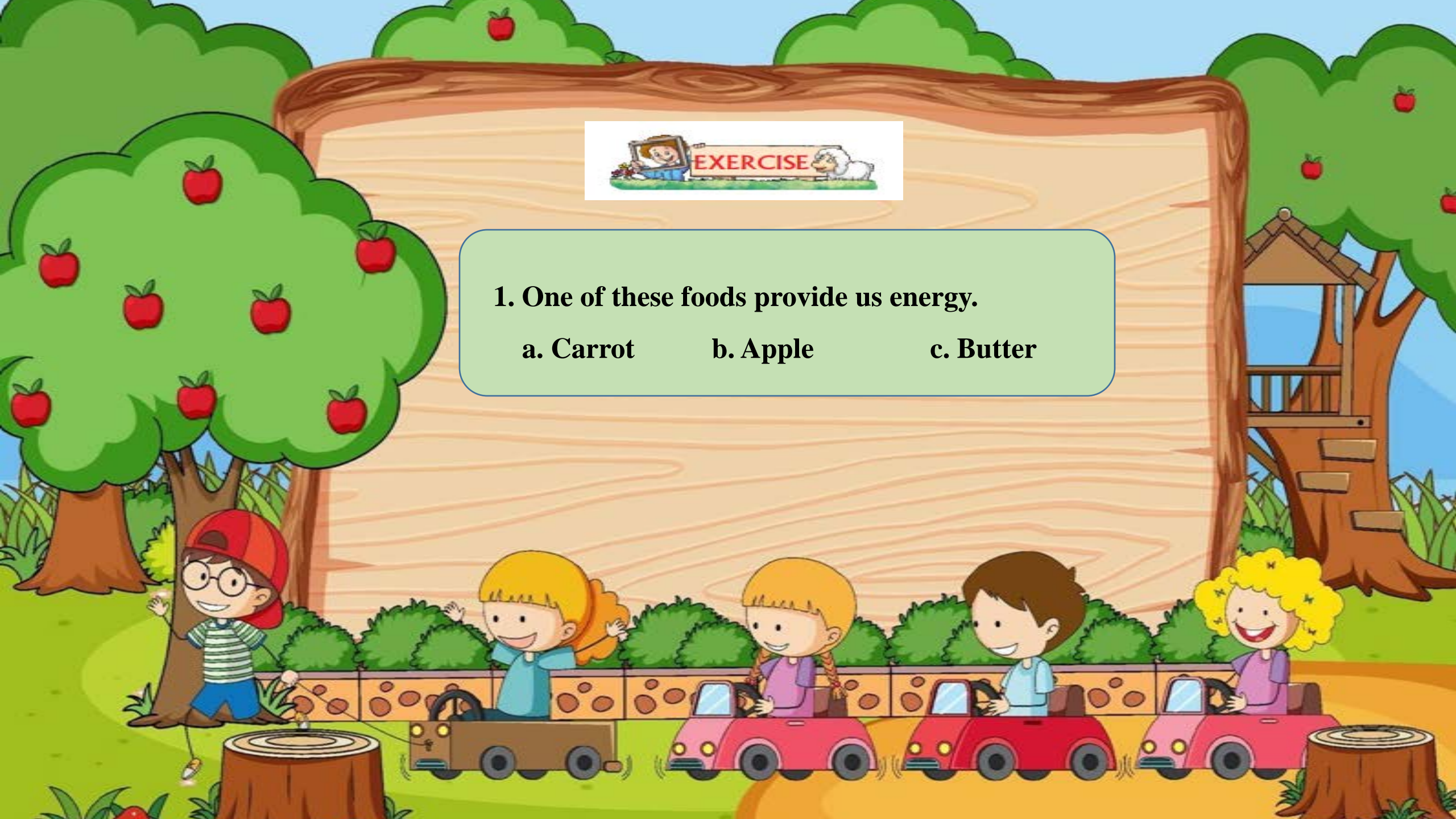


1. One of these foods provide us energy.

a. Carrot

b. Apple

c. Butter





2. This food builds muscles and makes us strong.

a. Wheat

b. Spinach

c. Pulses



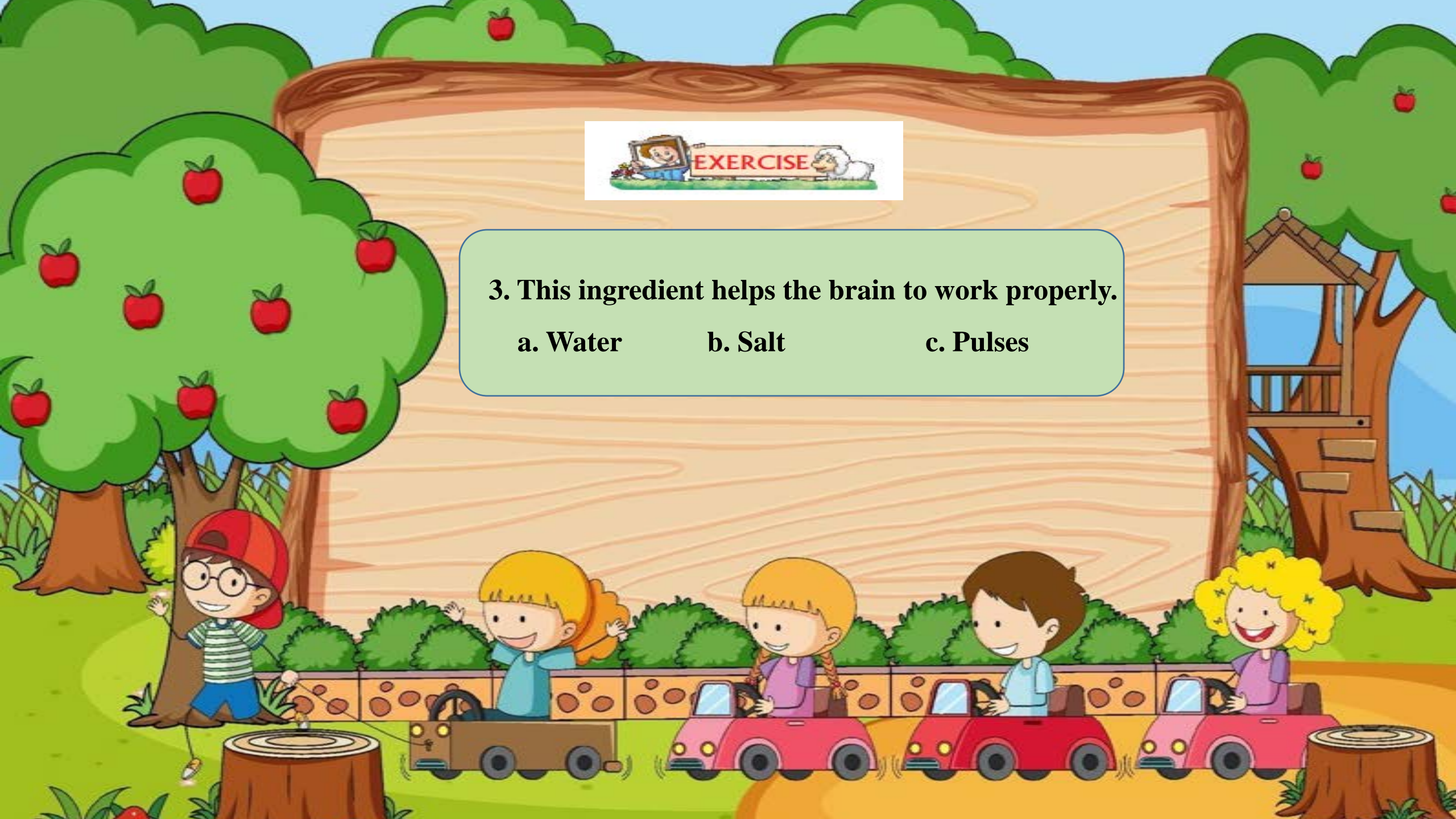


3. This ingredient helps the brain to work properly.

a. Water

b. Salt

c. Pulses





4. One of these is a protective food.

a. Rice

b. Milk

c. Fruits



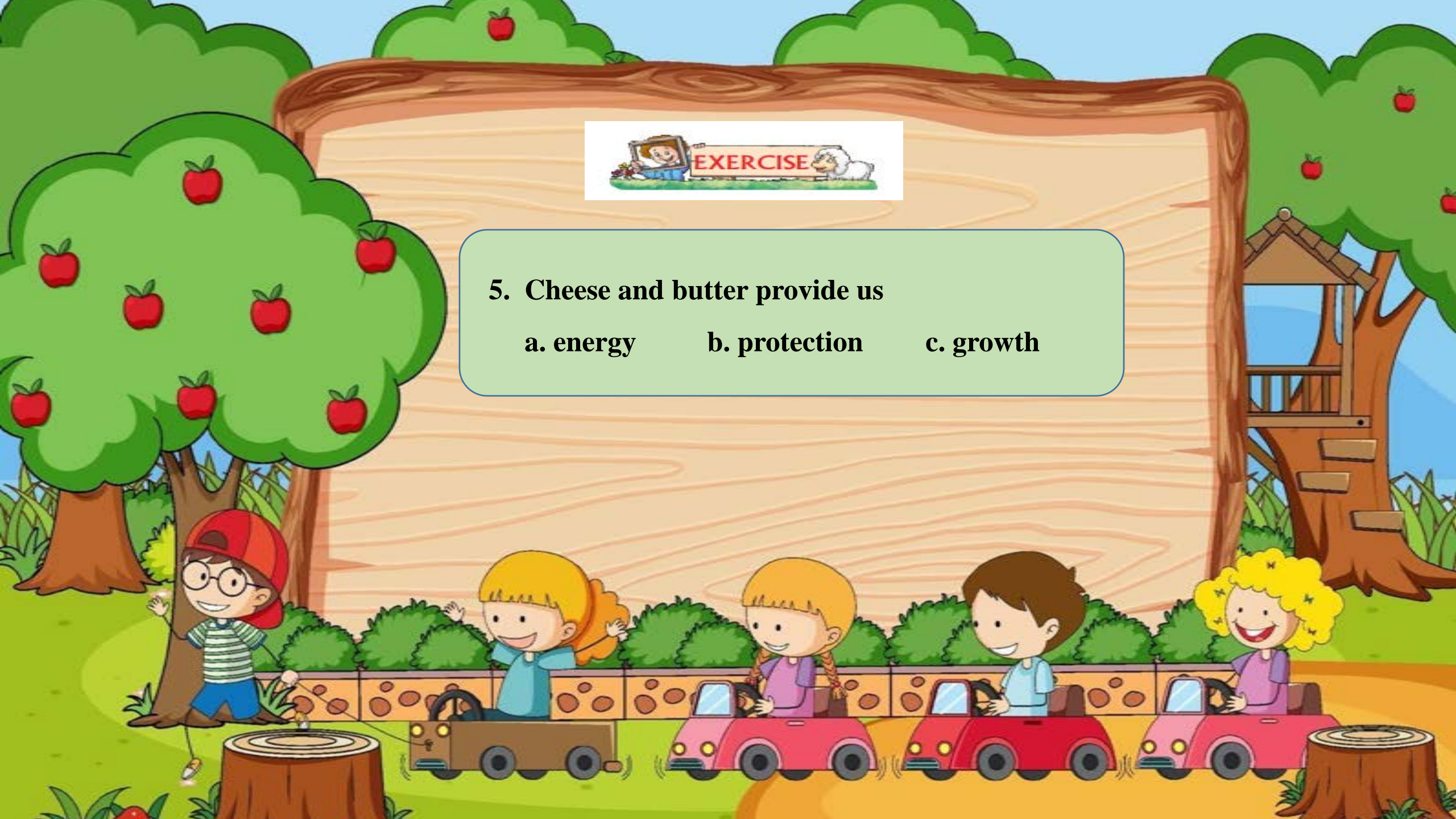


5. Cheese and butter provide us

a. energy

b. protection

c. growth





B. Fill in the blanks.

1. Food gives us _____ to work and play.
2. Energy giving food keeps our _____ and _____ healthy.



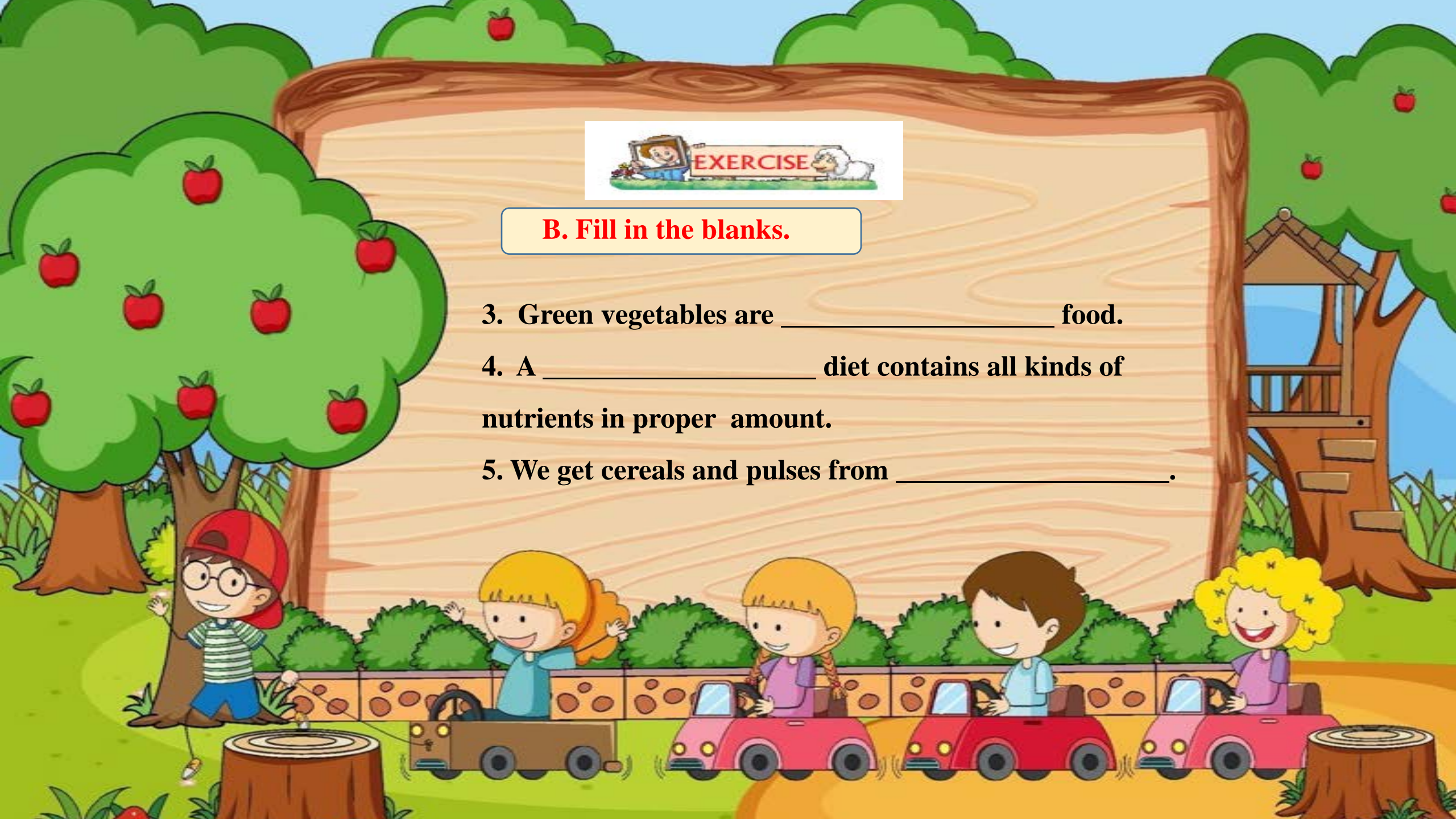


B. Fill in the blanks.

3. Green vegetables are _____ food.

4. A _____ diet contains all kinds of nutrients in proper amount.

5. We get cereals and pulses from _____.





C. Write (T) for true and (F) for false statement.

1. Food helps us fight against disease.
2. Meat and fish are protective food.
3. We get food both from the plants and the animals.
4. Water helps to remove harmful materials from our body.
5. Rice and wheat provide us energy.





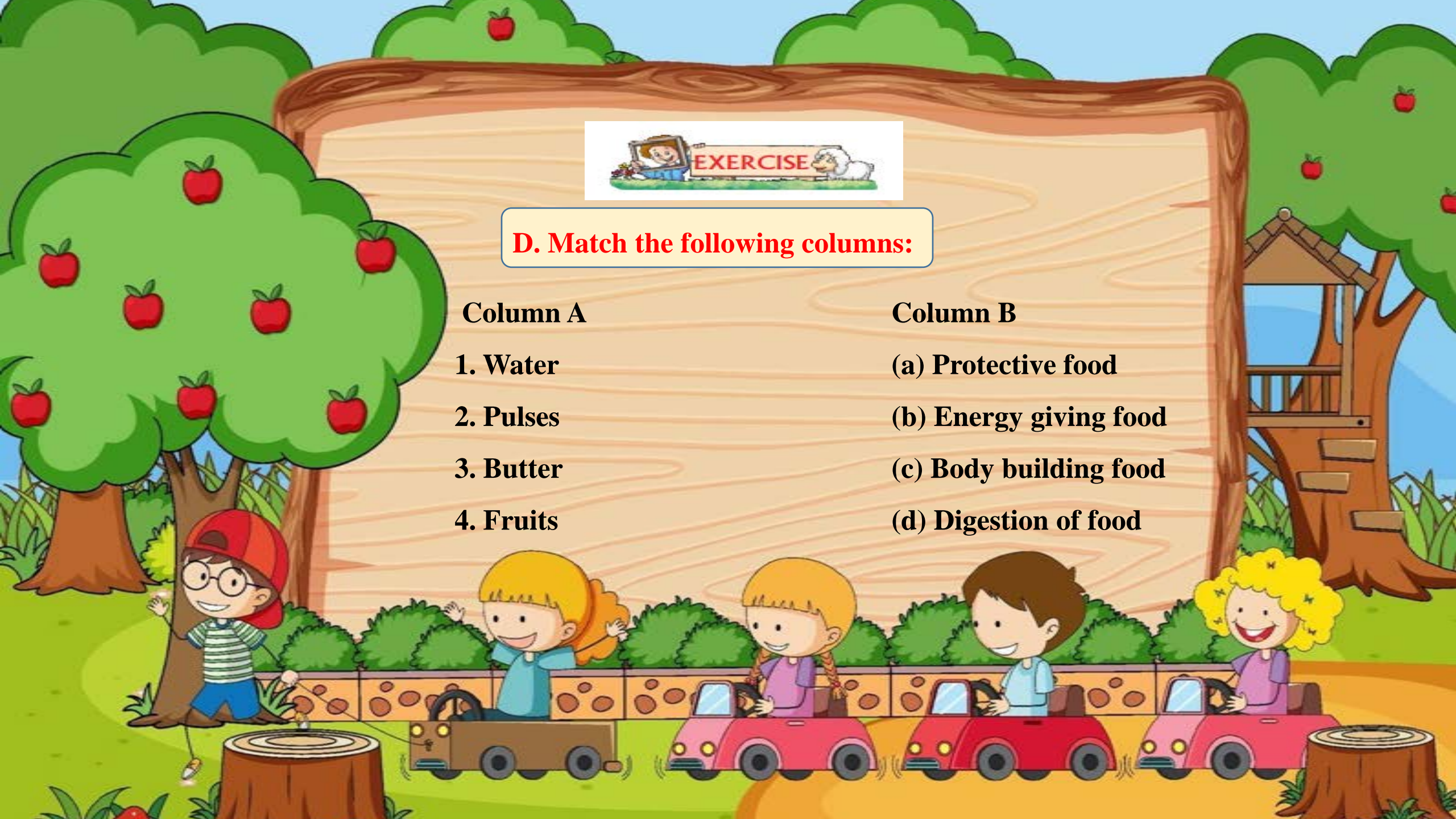
D. Match the following columns:

Column A

1. Water
2. Pulses
3. Butter
4. Fruits

Column B

- (a) Protective food
- (b) Energy giving food
- (c) Body building food
- (d) Digestion of food





E. Answer the following questions.

1. Why do we need food?





E. Answer the following questions.

2. What are energy giving foods?





E. Answer the following questions.

3. What is a balanced diet?





E. Answer the following questions.

4. Name the food we get from the animals.





Life Skills

A. Eat healthy, stay healthy

Food is the basic need of our life. We should eat such food which keeps us healthy and helps us fight against various diseases. Tick (\checkmark) on the points that you agree with and follow to keep yourself healthy.





A. Eat healthy, stay healthy

a. Drink at least 6-8 glasses of water daily.

b. Avoid eating junk food.

c. Drink at least one glass of milk daily.





A. Eat healthy, stay healthy

d. Make salad a part of your diet.

e. Eat any one fruit everyday.

f. Take sufficient sleep everyday.

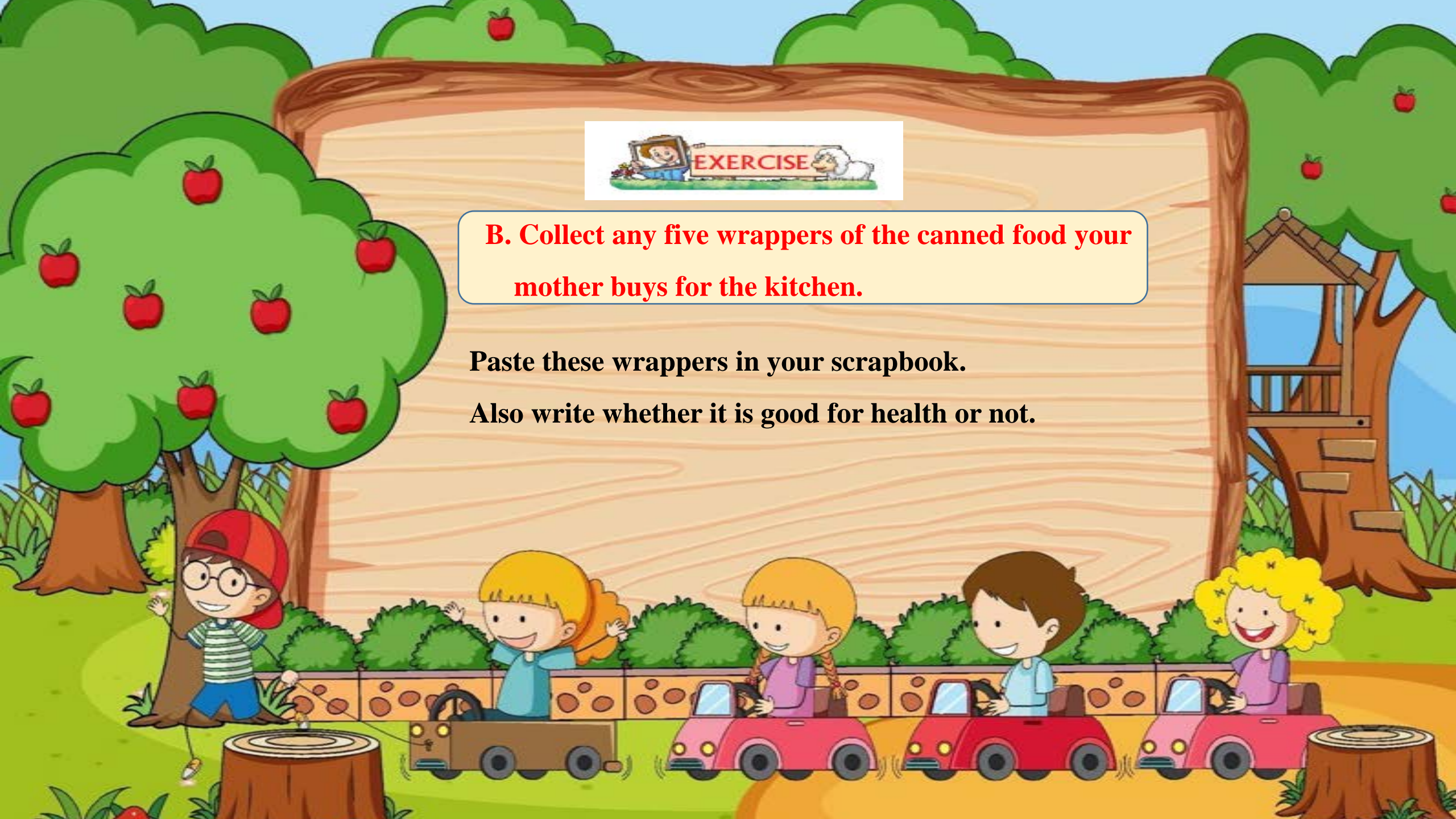




B. Collect any five wrappers of the canned food your mother buys for the kitchen.

Paste these wrappers in your scrapbook.

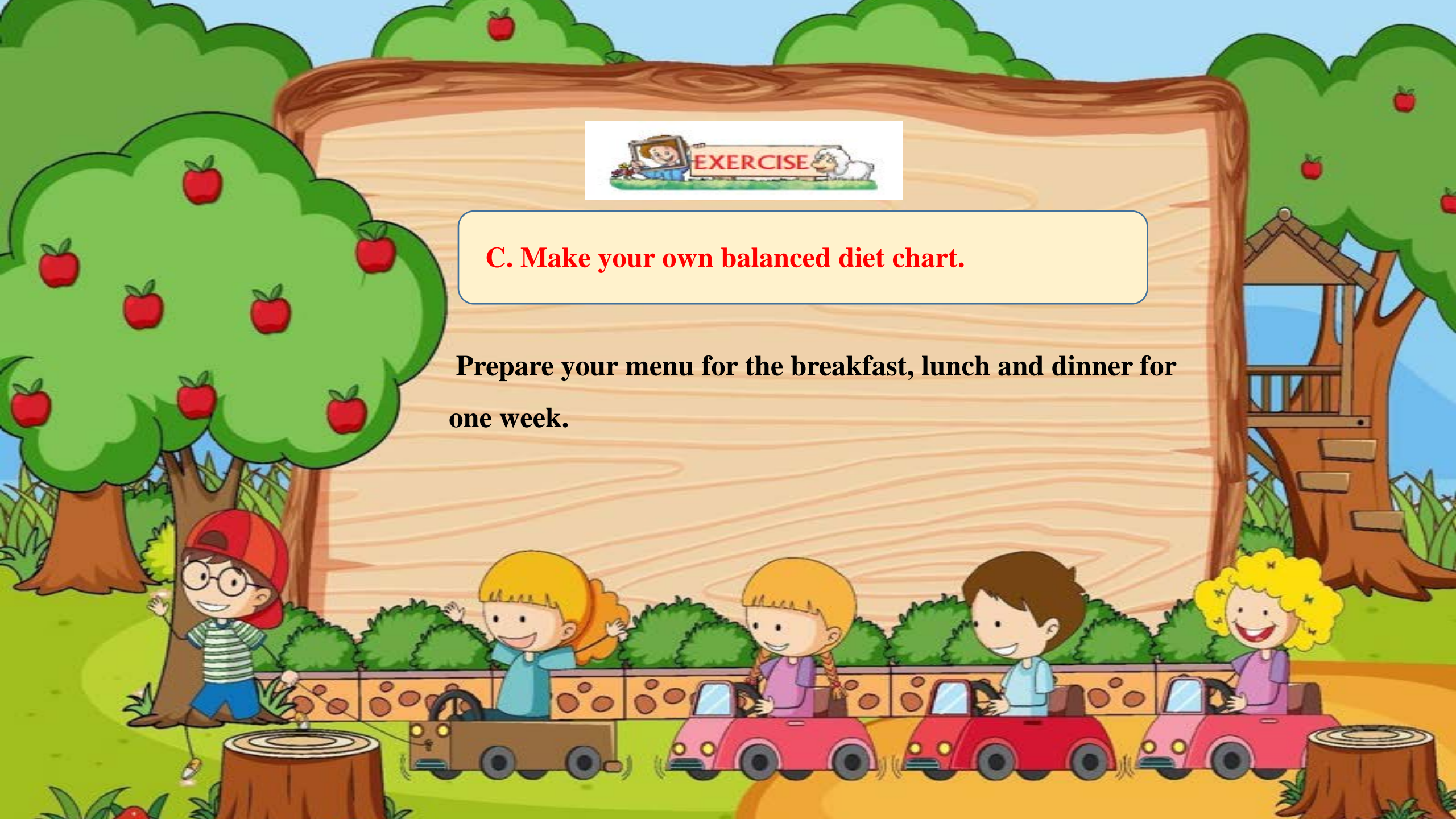
Also write whether it is good for health or not.





C. Make your own balanced diet chart.

Prepare your menu for the breakfast, lunch and dinner for one week.





C. Make your own balanced diet chart.

Days	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			



C. Make your own balanced diet chart.

Days	Breakfast	Lunch	Dinner
Day 4			
Day 5			
Day 6			
Day 7			



thank you

