**VEDA INTERNATIONAL SCHOOL**

ICSE Board

Kusugal Road, Hubballi

**GRADE: 2 Date:**

**Subject: EVS**

Chapter-4-The Food We Eat

**Q.I) New word:**

1. Grow
2. Energy
3. Sources
4. Cereals
5. Pulses
6. Gram
7. Meat
8. Kinds
9. Tired
10. Building
11. Protective
12. Vitamins
13. Diseases
14. Fibres

15. Vegetarians

**(A) Tick the correct answers: (pg no: 22)**

(1) c) bones and muscles

(2) b) protective

(3) a) balanced diet

**(B) Fill in the blanks with the help of the given words:**

1) food

2) three

3) milk

**(C)Write ‘T’ for true and ‘F’ for false sentence:**

1) F

2) T

3) T

4) F

**QII) Answer the following questions.**

Q1) Name two food items that give us energy?

Ans: The two food items that give us energy are Potatoes and Rice.

Q2) What are body- building foods? Give two examples.

Ans: Body building food refers to the foods that help in building bones, muscles and also help us to grow. Example: Milk and Egg.

Q3) Why are fruits and vegetables important for us?

Ans: Fruits and vegetables are important for us because they are protective food . They help us to stay Healthy and prevent us from falling sick.

Q4) Who is vegetarian?

Ans: People who eat only milk products, cereals, fruits and vegetables are called vegetarians.

**Teacher’s signature HOD Signature Principal signature**

**Rahat Dhotegar**