

**NORTH-EX PUBLIC SCHOOL (Session 2020-21)**

**Class - II**

**Subject - EVS**

**Unit/Chapter - 5**

**Topic – Food We Eat**

**Worksheet No - 5**

**\*Note-** Before attempting the question and answers you must check the link given below which will help you understand the chapter thoroughly.

You can download the assignment or if you do not have the facility to get printout then you can ask your ward to copy the assignment in a simple notebook and must do question and answers in the notebook. **Link :** <https://youtu.be/uHv23ZvIJKQ>

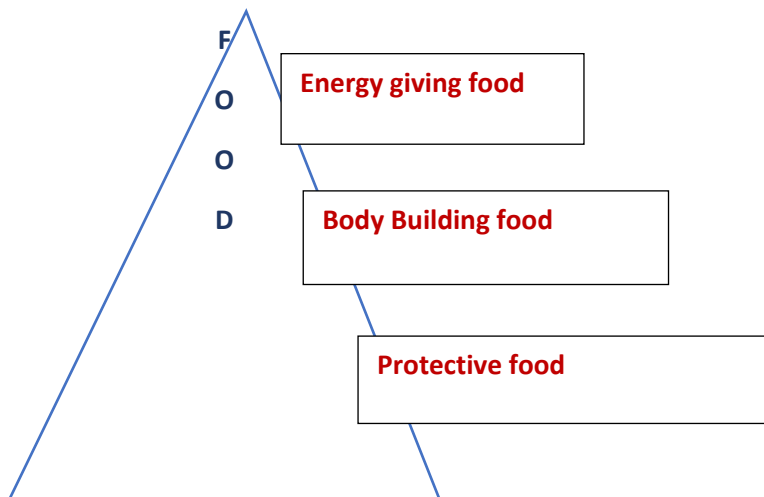
**NOTES**

**INTRODUCTION**

- Food is made up of many nutrients such as carbohydrates, fats, proteins, Minerals and vitamins.

**FOOD GROUP**

- Food can be classified into three groups :





- **Energy giving food** : some foods which gives us energy to work and play are called energy giving food. It is mainly provided to our body to **carbohydrates and fats**. **Rich sources of energy giving food** are bread juice wheat rice Maize and millet etc..



- **Body – Building food** : some food help us grow and make a bones and muscles strong are called bodybuilding foods. **Proteins and Minerals** are mainly used for body building. **Rich sources of body building food** are egg fish milk chicken food grain pulses and peas etc.

### Body building Foods

|   |                   |   |             |
|---|-------------------|---|-------------|
|  | <b>FOOD GRAIN</b> |  | <b>EGGS</b> |
|  | <b>PULSES</b>     |  | <b>MEAT</b> |
|  | <b>PEAS</b>       |  | <b>MILK</b> |

- **Protective food** : some foods protect us from falling ill are called protective force. They are rich in **vitamins and minerals**. **Rich sources of protective food** are fruits and vegetables.

### Protective Foods



**Green Vegetables**



**Fruits**

- **Vegetarians** : People who is only plant products are called vegetarians.
- **Non – Vegetarians** : people who eat meat are called non vegetarians.

some food comes from animals



chicken



fish



meat



milk



cheese



sausages



bacon



eggs

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some food comes from plants

vegetables



broccoli



cauliflower



carrot



peas



tomato



lettuce



# some food comes from plants

cereals



spaghetti



bread



cereals



pasta



rice

## some food comes from plants

### fruits



apple



bananas



cherry



kiwi



grapes



peaches



melon



orange



pear



pineapple



plums



strawberry



watermelon

- We get food from plants and animals.

## IMPORTANCE OF FOOD

- We need food to live and grow healthy. Food is essential for our body to live and grow healthy . It also gives us energy to work and play.
- We should eat different kinds of food in right quantities to stay healthy.
- We must drink plenty of water everyday to remain healthy (maximum 6- 7 glasses/ day).

## FOOD HYGIENE

- We should eat properly cooked food and avoid uncovered food.
- We should wash our hands before eating and chew the food well.
- Cut your nails regularly.
- Eat fruits and vegetables after washing them with clean water.
- Wash your hands before and after eating.

## WORKSHEET

Ques.1 fill in the missing letters.

- \_\_\_ \_\_\_ ee \_\_\_ eb \_\_\_ \_\_\_ ge \_\_\_ s
- E \_\_\_ \_\_\_ s
- V \_\_\_ g \_\_\_ ta \_\_\_ l \_\_\_ s
- P \_\_\_ t \_\_\_ t \_\_\_ \_\_\_ s

Ques.2 Answer these.

1. Why is food essential for our body?

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2. Who are Vegetarians?

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3. Who are non- vegetarians?

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4. Write four eatables made from milk.

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5. Write four food items we get from animals.

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6. Write four food items we get from plants.

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7. What are the 3 main food groups?

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8. Write the following:

- Energy Giving food - \_\_\_\_\_
- Body – Building food - \_\_\_\_\_
- Protective food - \_\_\_\_\_

9. Write the main components of food.


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Ques.3

**Food Likes / Dislikes**

Write down below the images the food you like and the food you don't like :

|       |           |                |          |            |
|-------|-----------|----------------|----------|------------|
| rice  | spaghetti | fried potatoes | carrot   | fried egg  |
| milk  | pizza     | hamburger      | fish     | boiled egg |
| steak | salad     | lemon          | cucumber | corn       |



| I like | I don't like |
|--------|--------------|
|        |              |
|        |              |
|        |              |
|        |              |
|        |              |
|        |              |
|        |              |
|        |              |
|        |              |
|        |              |

**ANSWERS**



**Ans.1 Cheese burgers , Eggs , Vegetables , Potatoes**

**Ans.2**

**(1) Food is essential for our body to live and grow healthy. It also gives us energy to work and play.**

**(2) Those people who eat only plants product are called vegetarians.**

**(3) Those people who eat meat are called non vegetarians.**

**(4) cheese ,curd, Butter ,ice cream**

**(5) milk ,Eggs ,meat, fish**

**(6) green leafy vegetables, fruits , bread , cereals**

**(7) Energy Giving food , Body Building food , Protective food**

**(8) - juice , rice , maize , millet , bread**

**- egg, fish , milk , chicken , peas**

**- green leafy vegetables and fruits.**

**(9) Carbohydrates, fats, protein, minerals & vitamins.**

**Ans.3**

**Do yourself**