

THE INDIAN HEIGHTS SCHOOL**Class – II _____****E.V.S Worksheet****Unit 5: FOOD**

Name _____

Date : September 6, 2013

I. Tick the correct answer

1. Which of the following is a vegetarian food?

- a. Milk b. fish c. meat

2. Which of the following is a fast food?

- a. Bread b. Pizza c. Rice

3. Bees give us _____

- a. wool b. silk c. honey

4. _____ is a complete food. It is important for good health.

- a. Milk b. Rice c. Meat

II. Fill in the blanks

1. We should not _____ food.

2. We drink milk and _____.

3. Food gives us _____ to work and play.

4. Junk food is not good for our _____.

5. Vegetarians do not eat eggs, meat and _____.

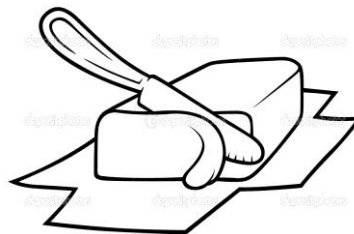
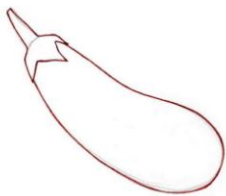
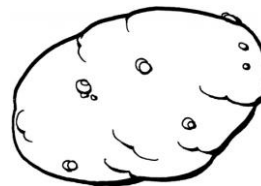
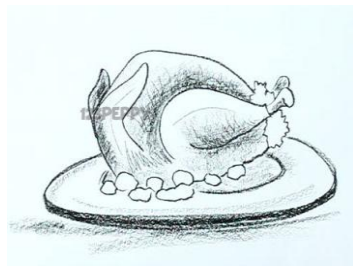
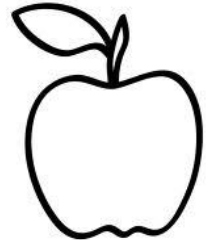
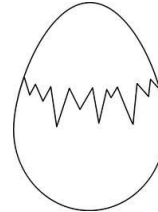
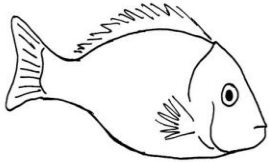
III. Answer the following questions

1. How does food help us?

2. What should we do to stay healthy?

IV. Colour the items as per the instructions given –

- Body building foods – Blue
- Food that keeps us healthy - Red
- Energy giving food – Green



V. Give one word answer

1. People who eat fruits, vegetables, pulses, cereals in their meals are called

2. Food that is tasty and fast to cook, but not good for health are called

3. How many times do we eat food?

4. People who eat meat, egg, fish in their meals are called
