

## ***Class Notes and Assignment***

<b>Class -II</b>	<b>Date :19.04.21</b>
<b>Subject: EVS</b>	<b>Chapter- 2, Topic- Food For Us</b>

**Note: Write the given assignment in your Evs note copy.**

### **A. Tick (✓) the correct answers.**

1. This helps us to fight diseases.

a. toy \_\_\_\_\_      b. book \_\_\_\_\_      c. food ✓

2. These are protective food.

a. milk and dal \_\_\_\_\_      b. sugar and butter \_\_\_\_\_      c. peas and apple ✓

3. We eat this vegetable raw.

a. cucumber ✓      b. brinjal \_\_\_\_\_      c. potato \_\_\_\_\_

### **B. Match the columns to complete the sentences.**

1. Rice and jiggery- are energy-giving food.

2. Beetroot- can be eaten raw.

3. Junk food- is unhealthy.

4. Drink- clean water.

5. Brush your teeth- twice a day.

### **C. Tick (✓) the healthy food habits.**

1. Washes her hands before eating her meals. ✓

2. Drinks water from the garden tap.

3. Never skips his breakfast. ✓

4. Does not waste food. ✓

D. Answer these questions.

1. Why should we eat food?

Ans: We should eat food to gain energy.

2. Write the names of two protective food items. How do they help us?

Ans: Fruits and vegetables are two protective food items. They prevent us from falling sick.

3. What is a balanced diet?

Ans: Different kinds of food in the right amount is called balanced diet.

4. Write any three healthy eating habits.

Ans: i) Eat a balanced diet.

ii) Never waste food.

iii) Drink clean water.

E. Think and answer.

Q. Deepa is very tired after playing. What should she drink—tea, cold drink or fresh juice? Why?

Ans: Deepa should drink fresh juice to regain her energy.

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