



INDIAN SCHOOL DARSAIT
EVS
FOOD WE EAT
PRACTICE WORKSHEET



Grade II

Date :.....

Name:.....

Roll No:.....

I Fill in the blanks:-

1. We get meat, egg, fish and milk from _____.
2. Fruits and vegetables are called _____ food.
3. _____ food give us energy to work, play and think.
4. People who do not eat fish, egg and meat are called _____.
5. _____ give us fruits and vegetables.

II Circle the odd one out:-

- | | | | |
|----------|-------|--------|--------|
| 1. milk | egg | pulses | butter |
| 2. mango | fish | radish | tomato |
| 3. pea | moong | gram | wheat |

III Pick up the appropriate word from the bracket and fill in the box given below:-
(grains, potatoes, apple, butter, carrot, pulses, rice, brinjal, egg)

Energy-giving food	Body-building food	Protective food

IV Name the following:-

1. Two cereals.

a) _____

b) _____

2. Two pulses.

a) _____

b) _____

3. Two raw vegetables.

a) _____

b) _____

V Answer the following:-

1. Why do we eat food?

2. What are energy-giving food?

3. Why does our body need water?

a) _____

b) _____