



INDIAN SCHOOL DARSAIT  
PRACTICE WORKSHEET  
ENVIRONMENTAL STUDIES  
FOOD WE EAT,GOOD FOOD HABITS



Class: II Sec: .....

Date:.....

Name: .....

Roll No:.....

1. Fill in the blanks :

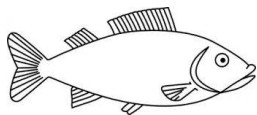
- a) We must .....our food well and eat .....
- b) People who do not eat fish, egg and meat are called.....
- c) We should drink at least .....glasses of water every day
- d) We should eat food at .....interval.
- e) We must always eat a .....to keep ourselves fit and healthy.
- f) We should not eat .....food.

2. Write the name of the following food groups and colour them as indicated:

Energy giving food - Yellow

Protective food – Green

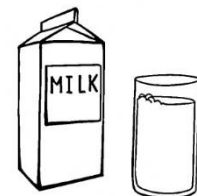
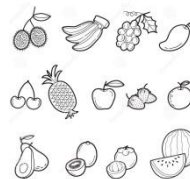
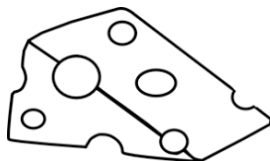
Body building food - Red



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Rahul decided to follow a proper balanced diet. What are the food items he can eat and drink?

Breakfast - .....

Lunch - .....

Dinner - .....

4. Give reasons for the following:

a) We must clean our teeth after every meal.

.....  
.....  
.....

b) We should not buy food from outside vendors.

.....  
.....  
.....  
.....

c) We should store food in the refrigerator.

.....  
.....  
.....

d) We should include protective foods in our diet.

.....  
.....  
.....