

_Mahesh Public School, Jodhpur

Worksheet 3

Subject – E. V. S.

class – 2nd

Topic – Food we eat

- i. We all need food . We cannot live without food .
- ii. We need food because it –
 - Helps us to grow .
 - Gives us energy to work and play.
 - Helps us stay healthy.
- iii. We get food from plants and animals.
- iv. Plants gives us cereals, pulses , fruits and vegetables.
 - Cereals – wheat , rice and corn.
 - Pulses – pea, moong and gram.
 - Fruits – mango , apple , orange etc.
 - Vegetables – ladyfinger, cabbage , potato etc.
- v. Food from animals – we get meat , egg , fish and milk from animals .

Kinds of food

We eat different kinds of food everyday. There are three main kinds of food.

1. **Energy giving food** – these food gives us energy to work , play and think.
Example – butter , cheese ,rice etc.
2. **Body building food** – they bulid up our bones and muscles.
Example – pulses , milk , eggs etc.

3. **Protective food** – they helps us to stay healthy.

Example – fruits and vegetables .

vi. People who do not eat fish , meat or egg are called vegetarians.

vii. People who eat fish , meat or egg are called non vegetarians .

Q1. Multiple choice questions.

1. Plants gives us cereals like

- A. ☐ rice
- B. ☐ apple
- C. ☐ tomato

2. People who eat fish ,egg and meat are called

- A. ☐ vegetarians
- B. ☐ non vegetarians
- C. ☐ none of these

3. Which of the following is an energy giving food ?

- A. ☐ rice
- B. ☐ milk
- C. ☐ egg

4. Which type of food helps us to stay healthy ?

- A. ☐ energy giving food
- B. ☐ productive food
- C. ☐ body building food

Q2. Fill in the blanks with help box .

Help box → Three , Bones , Food , Grow

- 1. Food helps us to _____ .
- 2. There are _____ main kinds of food.

3. Body building foods built up our _____ and muscles .
4. We cannot live without _____.

Q3. Answer these questions .

Q1. Name two energy giving food ?

Ans .

Q2. What do body building food do ?

Ans.

Q3. What do we get from animals ?

Ans .