

**INDIAN SCHOOL MUSCAT  
PRIMARY SECTION**

<b>Subject: E.V.S</b>	<b>Name:</b>
<b>Topic: Our Food</b>	<b>Class: II      Sec:</b>
<b>Practice Worksheet: III</b>	<b>Date:</b>
<b>Resource Person: Ms. Sarju M Bhatt</b>	<b>Teacher's Sign:</b>

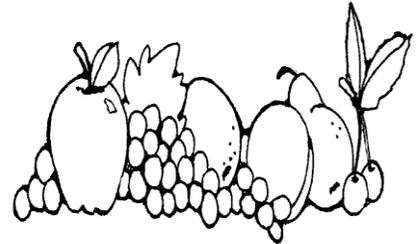
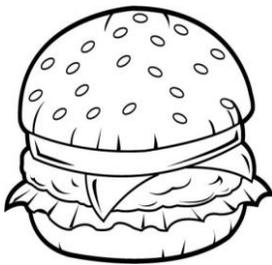
**I. Choose the right words and complete the sentences.**

<b>sick</b>	<b>clean</b>	<b>hot</b>	<b>balanced</b>
-------------	--------------	------------	-----------------

- a) Always eat \_\_\_\_\_ food.
- b) Food that is left open makes us \_\_\_\_\_.
- c) A \_\_\_\_\_ diet helps to keep our body healthy.
- d) We need to drink plenty of water when it is \_\_\_\_\_ outside.



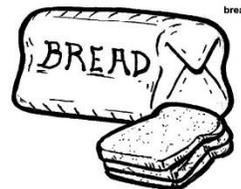
**II. Colour the food items which help us to fight diseases.**



**III. Who am I?**

- a. We give you energy to work and play.

\_\_\_\_\_



- b. We help you to grow and is stored in fish, milk, and eggs.

\_\_\_\_\_



**IV. Think and Answer.**

a. What will happen if you eat bread and chapati and no fruits?

---

---

---



b. Why should we drink plenty of water every day?

---

---

---



**V. Give reason.**

a. Food like fruits, vegetables and meat should be stored in the refrigerator.

---

---



**VI. State True or False.**

- 1. We should drink milk daily. \_\_\_\_\_
- 2. Egg is a protective food. \_\_\_\_\_
- 3. We should eat a balanced diet. \_\_\_\_\_
- 4. We need food to get energy. \_\_\_\_\_

