

**INDIAN SCHOOL MUSCAT
PRIMARY SECTION**

SUBJECT : EVS	TERM : I	NAME :
TOPIC : OUR FOOD	Worksheet - 4	STD : II SEC. _____
RESOURCE PERSON : Ms. SABIRA M	DATE : __/__/2017	ROLL NO :
TEACHER'S SIGN :	PARENT'S SIGN :	

I. Think and Answer.

1. Why should we eat different kinds of food every day?

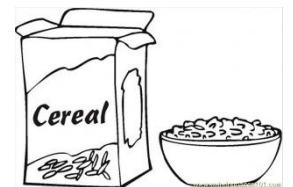


2. Your mother refuses to let you eat outside food regularly. Do you know why?



II. Who are we?

1. We give you energy and are stored in cereals and potatoes.



2. We make sure that you don't fall ill and are stored in spinach and apples.



4. Fill in the blanks.

1. Bread gives us _____. (energy /balanced diet)
2. We should wash our hands with _____ and water before eating. (sugar / soap)
3. _____ gives us energy to work and play. (food / air)
4. Food that tastes good but bad for health _____.(junk food / unhealthy food)

Complete the Crossword

