

Subject- EVS

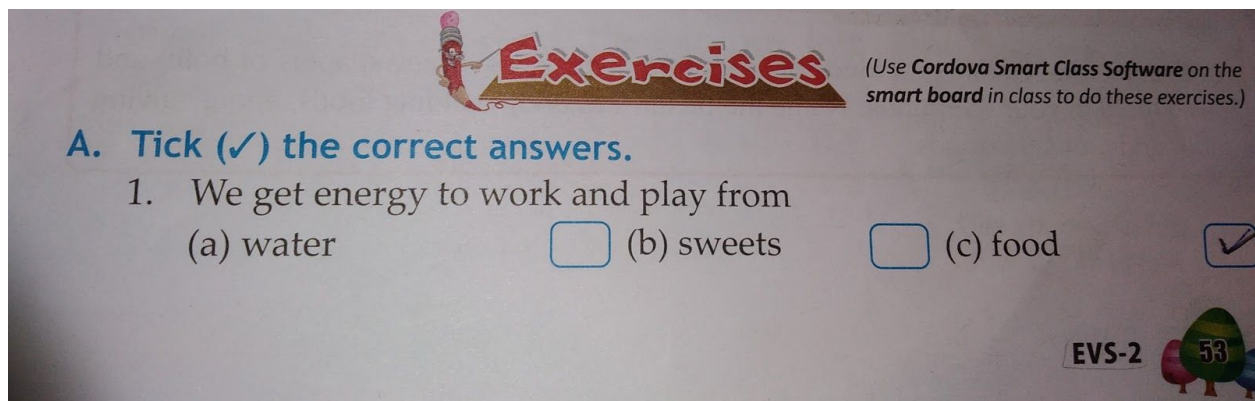
Class- II

Topic- Good food habits

Learn and write the following hard words-

1. Meals
2. Water
3. Wash
4. Talk
5. Clean
6. Energy
7. Protects
8. Diseases
9. Germs
10. Dust
11. Dirt
12. Fixed
13. Healthy
14. Ourselves


Learn and write the following book exercises-



**Exercises** (Use Cordova Smart Class Software on the smart board in class to do these exercises.)

**A. Tick (✓) the correct answers.**

1. We get energy to work and play from  
(a) water  (b) sweets  (c) food

EVS-2 

- ✓ 2. The meal we take in the afternoon is called  
 (a) breakfast  (b) lunch  (c) dinner
- ✓ 3. The food that can make us fat is  
 (a) junk food  (b) milk  (c) fruit
4. We should store food in the  
 (a) box  (b) almirah  (c) refrigerator

**B. Circle the odd one in each group.**

1. *dal*      rice      sweet      fish
2. banana      apple      grapes      sugar

**C. Fill in the blanks correctly with the words given below.**

talk      wash      clean      water

- ✓ 1. We must drink plenty of water to stay healthy.
- ✗ 2. We should wash fruits and vegetables with clean water.
3. We should not talk while eating.
4. We should always use clean plates.

**Learn and write the following question answers-**

**Q1. Why do we eat food?**

A1. We eat food because it helps us to grow and gives us energy.

**Q2. Why should we not buy food from roadside vendors?**

A2. We should not buy food from roadside vendors as it may have germs, dust or dirt which can make us sick.

**Q3. Write two good food habits.**

A3. Two good food habits are:

1. We must have our meals at fixed times every day to keep ourselves fit and healthy.
2. We must not eat in between meals.