



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS

(2022 – 2023)

SUBJECT: EVS

TOPIC: THE FOOD I EAT

CHAPTER CHECK UP

RESOURCE PERSON: Mrs. Hamin

NAME: \_\_\_\_\_ CLASS: II SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

**Q1. Write 'True' for the correct sentence and 'False' for the incorrect sentence.**

- 1. We need food to work and play. \_\_\_\_\_**
- 2. We get oils from animals. \_\_\_\_\_**
- 3. Milk helps our bones grow and stay strong. \_\_\_\_\_**
- 4. Bread, potatoes and cereals are energy-giving food. \_\_\_\_\_**
- 5. Butter and oils are protective foods. \_\_\_\_\_**

**Q2. Answer the following questions.**

**1. Why do we need food?**

**Ans.** \_\_\_\_\_  
\_\_\_\_\_

**2. What are body-building foods?**

**Ans.** \_\_\_\_\_  
\_\_\_\_\_

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CHECKED BY ACADEMIC CO-ORDINATOR MS. SUCHETA JESRANI

**3. How does milk help us?**

Ans. \_\_\_\_\_  
\_\_\_\_\_

**4. Why do old people eat less food?**

Ans. \_\_\_\_\_  
\_\_\_\_\_

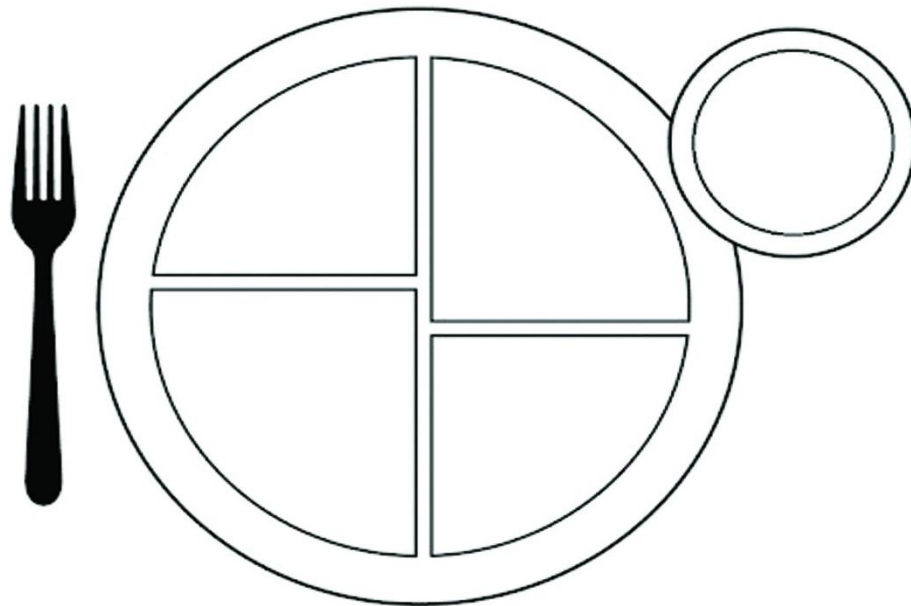
**5. Why do young people eat a lot of food?**

Ans. \_\_\_\_\_  
\_\_\_\_\_

**Q3. My Healthy Plate!**

**A 'balanced diet' has foods from all categories in appropriate amounts.**

**Draw and colour the right items for your lunch to make a 'Healthy Plate' of your choice.**



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