



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2021– 2022)

LESSON: FOOD I EAT

WORKSHEET - 1

RESOURCE PERSON: Mrs. SAJINA MURALI

NAME: _____ CLASS: II SEC: _____ DATE: _____

A. Answer the following questions based on the given picture.



1. How can you best categorize milk as a food?

2. How does drinking milk helps our body?

B. What foods contain fibre or roughage?



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WORKSHEET - 2

RESOURCE PERSON: Mrs. SAJINA MURALI

NAME: _____ CLASS: II SEC: _____ DATE: _____

I. Sara is very hungry and she wanted to eat. There is a large menu in front of her including junk food and healthy food. Sara is very health conscious and wanted only healthy food. Help her to find out the healthy foods from the given pictures. Put a tick on the healthy food and cross on the junk food.





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CHAPTER CHECK-UP WORKSHEET

RESOURCE PERSON: Mrs. SAJINA MURALI

NAME: _____ CLASS: II SEC: _____ DATE: _____

I. Match the following:

A	B
rice, butter and oil	Body-building foods
egg and meat	Protective foods
vegetables and fruits	Energy-giving foods
milk	Junk food
burgers	Body-building, protective and energy-giving food.

II. Give reasons for the following:

1. We must drink 6 to 8 glasses of water every day.

2. We must eat foods that contain fiber and roughage.

III. Answer the following.

1. Why do we need food?

2. How does Energy-giving food help us? Give examples of such foods.

3. Name some of the body-building foods and how does it help us?

4. Is it good to eat junk food every day? Why?

IV. Draw or stick a picture of balanced diet which includes Energy-giving food, Body-building food and Protective food.





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HOME ACTIVITY WORKSHEET

RESOURCE PERSON: Mrs. SAJINA MURALI

NAME: _____ CLASS: II SEC: _____ DATE: _____

A. Paste the pictures of *energy-giving foods*, *body-building foods* and *protective foods* in the space given below.

Energy - Giving foods

Body - Building foods

Protective foods

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