



INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS

(2022 – 2023)

SUBJECT: EVS

TOPIC: THE FOOD I EAT

WORKSHEET: 2

RESOURCE PERSON: Mrs. Hamin

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

Q1. Fill in the blanks with the words given in the help box.

non-vegetarians fibre protective junk food healthy roughage

1. We must eat food that contains _____ or _____.
2. Chips, burgers, sweets, chocolates and pizza are called _____.
3. People who eat eggs, fish and meat are called _____.
4. Vegetables and fruits are _____ foods.
5. Food cooked at home is _____.

Q2. Correct the following statements.

1. We get eggs, milk and meat from plants.

2. We need food to keep the body cool.

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Q3. Sort the names of food items given in the help box, under an appropriate category of 'Healthy Food' or 'Junk Food'. Also write one food item of your own choice in each category.

rice	Pepsi	fish	vegetables	pizza	burger
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Healthy Food	Junk Food

Q4. Circle the appropriate word to make meaningful sentences.

- 1. Rice and wheat are cereals / fruits.**
- 2. Junk food / Water removes waste from our body through sweat and urine.**
- 3. Food cooked at home is unhealthy / healthy.**
- 4. People who eat eggs, fish and meat are called non-vegetarians / vegetarians.**
- 5. Little babies and very old people eat very soft / hard food as it is easy to eat.**
- 6. We get butter from plants / milk.**

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