



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS

(2022 – 2023)

SUBJECT: EVS

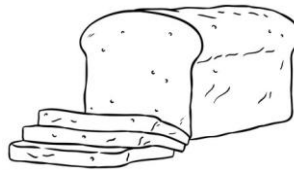
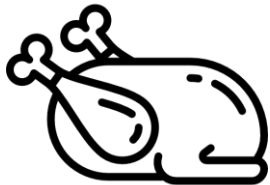
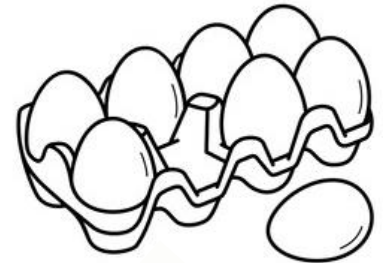
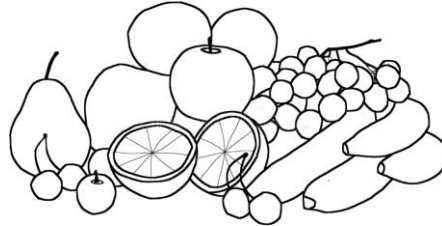
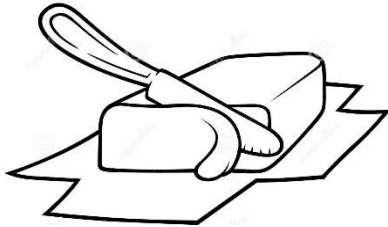
TOPIC: THE FOOD I EAT

WORKSHEET: 1

RESOURCE PERSON: Mrs. Hamin

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

**Q1. Observe the given pictures of food. Write 'E' for energy-giving foods, 'B' for body-building food and 'P' for protective foods in the given boxes.**



**Q2. Circle the odd one out.**

1. apple

radish

banana

grapes

2. mango

orange

potato

watermelon

3. onion

paneer

curd

butter

4. rice

wheat

cereals

rose

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**Q3. Match the following.**

1.	<b>Energy – giving food</b>	a.	<b>spinach, beans, cauliflower, beetroot, carrot and radish.</b>
2.	<b>Body – building food</b>	b.	<b>fruits and green leafy vegetables</b>
3.	<b>Protective food</b>	c.	<b>rice, wheat and cereals</b>
4.	<b>Water and roughage</b>	d.	<b>pulses, eggs, milk, nuts, chicken and meat.</b>

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

**Q4. Find the words in the grid given below using the helpbox.**

<b>h</b>	<b>a</b>	<b>b</b>	<b>i</b>	<b>t</b>	<b>s</b>	<b>x</b>	<b>y</b>	<b>s</b>	<b>i</b>	<b>w</b>
<b>j</b>	<b>p</b>	<b>r</b>	<b>o</b>	<b>t</b>	<b>e</b>	<b>c</b>	<b>t</b>	<b>i</b>	<b>v</b>	<b>e</b>
<b>b</b>	<b>z</b>	<b>v</b>	<b>p</b>	<b>e</b>	<b>o</b>	<b>p</b>	<b>l</b>	<b>e</b>	<b>q</b>	<b>g</b>
<b>l</b>	<b>h</b>	<b>e</b>	<b>a</b>	<b>l</b>	<b>t</b>	<b>h</b>	<b>y</b>	<b>t</b>	<b>j</b>	<b>a</b>
<b>d</b>	<b>i</b>	<b>f</b>	<b>f</b>	<b>e</b>	<b>r</b>	<b>e</b>	<b>n</b>	<b>t</b>	<b>q</b>	<b>l</b>
<b>f</b>	<b>i</b>	<b>b</b>	<b>r</b>	<b>e</b>	<b>k</b>	<b>y</b>	<b>d</b>	<b>w</b>	<b>c</b>	<b>l</b>

**different protective habits fibre healthy people**



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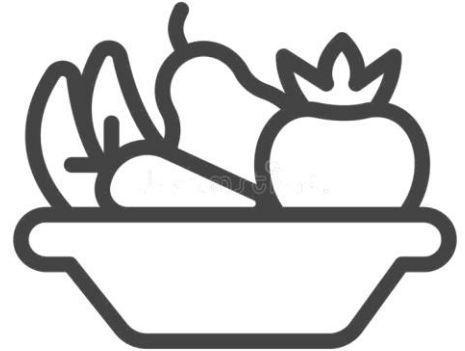
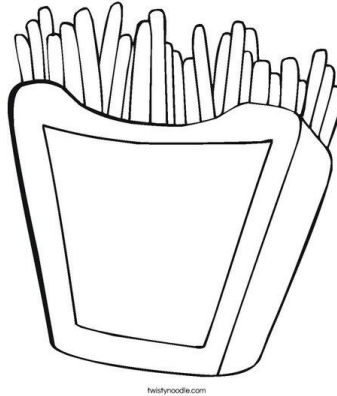
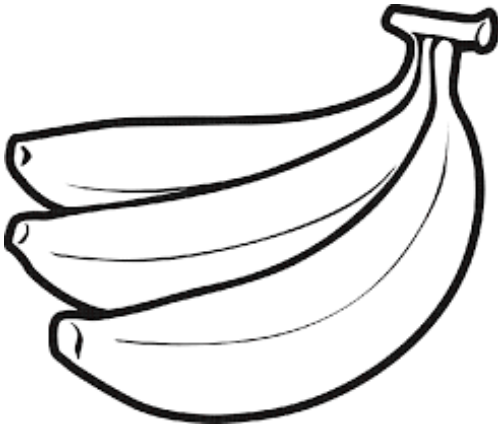
TOPIC: THE FOOD I EAT

RECAP WORKSHEET

RESOURCE PERSON: Mrs. Hamin

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

**Q1. Observe the following pictures carefully and colour the pictures of the food items which are healthy for you.**



**Q2. Write the following food items in the correct column.**

grapes    fish    rice    potato    nuts    meat    honey    strawberry

Food eaten raw	Food eaten cooked

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**Q3. Fill in the blanks using the help box.**

<b>play</b>	<b>plants</b>	<b>slowly</b>	<b>milk</b>	<b>afternoon</b>
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1. We should eat \_\_\_\_\_.
2. Food gives us energy to work and \_\_\_\_\_.
3. We have lunch in the \_\_\_\_\_.
4. We get fruits and vegetables from \_\_\_\_\_.
5. We make butter, cheese, curd and ghee from \_\_\_\_\_.

**Q4. Name the following.**

1. **two fruits you like the most**

a) \_\_\_\_\_ b) \_\_\_\_\_

2. **two things you like to have in the breakfast**

a) \_\_\_\_\_ b) \_\_\_\_\_

3. **two vegetables you like to have**

a) \_\_\_\_\_ b) \_\_\_\_\_

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