

Class:- 2nd
L-3, Our Food

Word - Meaning

| | |
|-------------|--------|
| Pulses - | दालों |
| Digestion - | पाचन |
| Cereal - | अनाज |
| Obtain - | मिलना |
| Healthy - | स्वस्थ |
| Disease - | रोग |
| Need - | जरूरत |
| Take - | लेना |

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Q1- Food from the plants:-

Ans:- I) Fruits

ii) Cereals

iii) Pulses

Q2- Food from the animals:-

Ans- i) Milk

ii) Meat

iii) Eggs

Q3- Kinds of food :-

- Ans- i) Energy giving food
ii) Body building food
iii) Protective food

Q4- What is a balanced diet ?

Ans- A diet which contains all kind of nutrients in right amount, is called a balanced diet..



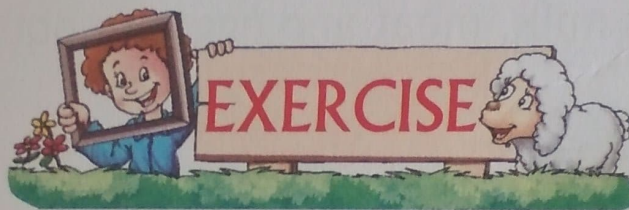
Fact File

- Most of the diseases are spread through the contaminated food.
- There are lots of people on the earth, who do not get proper food.



Things to Remember

- Food gives us energy to work and helps our body to grow.
- We should eat balanced diet which contains all kinds of nutrients.
- We should eat such food which keeps us healthy and helps fight, against diseases.



A. Multiple choice questions (MCQs).

Choose the correct answer from the following.

- One of these foods provide us energy.
a. Carrot b. Apple c. Butter
- This food builds muscles and makes us strong.
a. Wheat b. Spinach c. Pulses
- This ingredient helps the brain to work properly.
a. Water b. Salt c. Pulses
- One of these is a protective food.
a. Rice b. Milk c. Fruits
- Cheese and butter provide us
a. energy b. protection c. growth



B. Fill in the blanks.

1. Food gives us energy to work and play.
2. Energy giving food keeps our body and X healthy.
3. Green vegetables are protective food.
4. A balanced diet contains all kinds of nutrients in proper amount.
5. We get cereals and pulses from plants.

C. Write (T) for true and (F) for false statement.

- | | |
|---|--------------------------------|
| 1. Food helps us fight against disease. | <input type="text" value="T"/> |
| 2. Meat and fish are protective food. | <input type="text" value="F"/> |
| 3. We get food both from the plants and the animals. | <input type="text" value="T"/> |
| 4. Water helps to remove harmful materials from our body. | <input type="text" value="T"/> |
| 5. Rice and wheat provide us energy. | <input type="text" value="T"/> |

D. Match the following columns:

Column A

1. Water
2. Pulses
3. Butter
4. Fruits

Column B

- (a) Protective food
- (b) Energy giving food
- (c) Body building food
- (d) Digestion of food



E. Answer the following questions.

1. Why do we need food?

To grow

2. What are energy giving foods?

Rice, Nuts, oil etc

3. What is a balanced diet?

A diet which contain all kinds of nutrients

4. Name the food we get from the animals.

Milk, Meat and Eggs

Brain Sharpening Questions

BSQs

1. How does milk help our body to grow?

2. Doctors advice to avoid junk food. Why?



Life Skills

A. Eat healthy, stay healthy

Food is the basic need of our life. We should eat such food which keeps us healthy and helps us fight against various diseases. Tick (✓) on the points that you agree with and follow to keep yourself healthy.

- a. Drink at least 6-8 glasses of water daily. ☐
- b. Avoid eating junk food. ☐
- c. Drink at least one glass of milk daily. ☐
- d. Make salad a part of your diet. ☐
- e. Eat any one fruit everyday. ☐
- f. Take sufficient sleep everyday. ☐