



INDIAN SCHOOL DARSAIT
EVS
OUR FOOD HABITS
PRACTICE WORKSHEET



Class :II Sec :

Date:.....

Name :

Roll No:.....

I. Fill in the blanks with the words given in the box :

(eggetarians , balanced diet , food , vegetarians)

1. People who eat vegetables are called _____ .
2. _____ gives us energy to work, think and play.
3. The diet that has all kinds of healthy food in the right amount is called a _____ .
4. Vegetarians who do not eat fish and meat but eat eggs are called _____ .

II.Name the following :

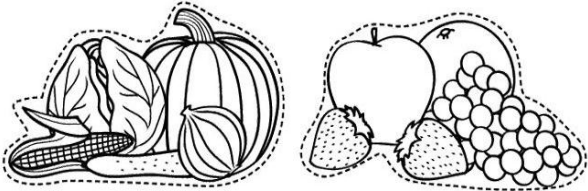
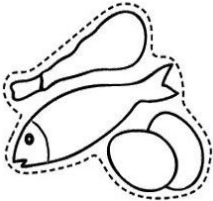
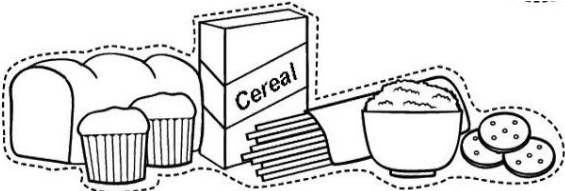
1. Two food items that can be eaten raw
_____ , _____
2. Two food items that have to be cooked before eating
_____ , _____
3. Two sources of our food
_____ , _____

III. State 'Yes' or 'No' for the statement given below :

1. Junk food is good for health. _____
2. We should eat the food items without washing them. _____
3. Eating fresh food is better than eating canned food. _____
4. Drink water instead of soft drinks. _____
5. Eating balanced diet is a good habit. _____

IV. Observe the pictures and name the correct food group :

(Energy giving food , Body building food, Protective food)

V. Complete the following :

1. Non-vegetarians are _____

2. One good eating habit that I follow is _____

VI. Give reason :

1. Food needs to be cooked before eating.

Ans. _____
