

VIDYA BHAWAN BALIKA VIDYAPEETH LAKHISAR

CLASS-2

SUBJECT- EVS

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BASED ON NCERT PATTERN

REVISION

### Energy- giving food

Food which gives us energy to work, play and remain active is called energy giving food. Rice, potatoes, butter, ghee are examples of energy-giving food.

### Protective food

Fruits, vegetables and nuts help us to remain fit and prevent us from falling ill. They are examples of protective food.

### Body- building food

Fish,milk,eggs,meats and nuts help the body to grow and build muscle strength. They are examples of body- building food.

Homework:- Write and Learn it.