

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-2

SUBJECT-E.V.S

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BASED ON NCERT PATTERN

Our Food

Exercise-

1. Fill in the blanks.

- a. Milk , milk products, meat and fish etc. build our bones and muscles.
- b. We eat lunch in the afternoon.
- c. Fruits and some Vegetables are eaten raw.
- d. People who eat fish , meat and eggs are non-vegetarians.
- e. Wheat , rice corn are energy giving foods.

2. Answer these questions.

a. Why food is important for us ?

→ Food helps us to grow . It also gives us energy to work and play.

b. Who are vegetarians?

→ People who do not eat egg , meat , chicken and fish are called vegetarians.

Homework-Write it clearly in your notebook.