

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-2

SUBJECT-ENVIRONMENTAL STUDIES

DATE-09-06-2021

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\*BASED ON NCERT PATTERN\*

Chapter-8, Food

3. Answer the following questions.

(a) What are the different kinds of food?

Answer- The different kinds of food are-

1. Energy giving food
2. Protective food
3. Body – building food

(b) What is a balanced diet ? How is it important for us ?

Answer- A diet which has a variety of food from all the food groups, in the required amounts , is called a balanced diet. A balanced diet provides us with energy , helps us grow properly and keeps us healthy and strong.

( c) Give two examples of each

1. Energy- giving food- Potato , Rice
2. Body – building food – Egg , fish
3. Protective food- Vegetables, fruits

(d) Misha dislikes milk and milk products and refuses to have them . Her meals are mainly made up of rice , pulses and fish. The diet will eventually result in weak \_\_\_\_\_.

1. Muscles

2. Bones

3. Teeth

4. Both 2 and 3 ✓

Homework-Write & remember it the Q/A of ch-8.