

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI
CLASS-2 SUBJECT-ENVIRONMENTAL STUDIES
DATE-01-02-2022 BY-KIRTI KUMARI

BASED ON NCERT PATTERN

Chapter-08, Food

Practice

2. Write T for true and F for false.

- a. Potatoes , rice , bread and chapattis are body- building foods.-F
- b. We need only air and water to be healthy and strong.-F
- c. Fruits , vegetables and nuts protect us from diseases.-T
- d. We must only eat uncovered food.-F
- e. We must eat different kinds of foods in the correct quantity.-T

3. Answer the following questions.

1. What are the different kinds of food?

Answer:- The different kinds of food are:-

- a. Energy-giving foods
- b. Protective food
- c. Body-building food

2. What is a balanced diet? How is it important for us?

Answer:- A balanced diet includes food from all food groups. A balanced diet provides us with energy , helps us grow properly and keeps us healthy and strong.

3. Give two examples of each.

a. Energy-giving food:- Potato , rice

b. Body-building food:- Egg, fish

c. Protective food:-vegetables , fruits

4. 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 (ii) and (iii) ✓