

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-2

SUBJECT-E.V.S

DATE-14-12-2021

BY-KIRTI KUMARI

BASED ON NCERT PATTERN

Revision

Chapter-08

3. Answer the following questions.

1. What are the different kinds of food?

Answer-The different types of food are:-

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

2. 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.

3. Give two examples of each .

1. Energy-giving food: potatoes , rice

2. Body -building food: egg, fish

3. Protective food: vegetables, fruits

4. Misha dislikes milk and products and refuses to have them. Her meals are mainly made up of rice , pulses and fish. The diet will eventually result in weak_____.

a. Muscles

b. Bones

c. Teeth

d. Both(ii)and (III) ✓