

**VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI**

**CLASS-2**

**SUBJECT-E.V.S**

**DATE-25-04-2021**

**BY-KIRTI KUMARI**

**BASED ON NCERT PATTERN**

**Our Food**

**Energy giving food- Food that gives us energy.**

**Examples- rice, wheat, corn , sugar, butter etc.**

**Body building food- Food that build our bones and muscles.**

**Examples- Fish,eggs,meat , milk, paneer, cheese, pulses etc.**

**Protective food- Food that protects our body from diseases.**

**Examples- Fresh fruits and vegetables.**

**Non- vegetarian- Some people eat meat, chicken, eggs and fish . They are called Non-vegetarian.**

**Vegetarian- People who do not eat egg, meat , chicken and fish are called vegetarians.**

**Homework-Write it clearly in your notebook.**