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LEARNING MATERIALS AND ASSIGNMENT 2020-21

Date:- 04/06/2020

Sub:- E.V.S

Day:- Thursday

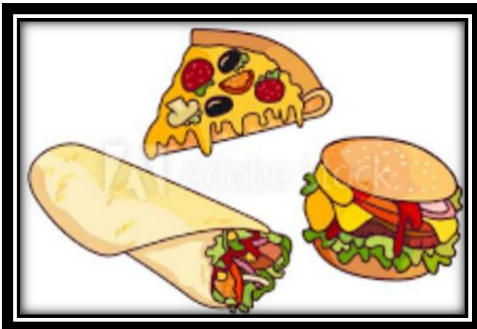
Ch:- 05

Sub T:- Rina kri

Class:- 2 A+B

OUR FOOD

We need food to survive. It helps to grow. It gives us energy to think, work and play. Food also keeps us healthy and strong. We get our food mainly

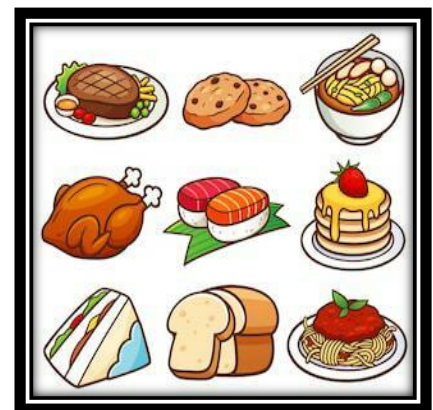


from plants and animals.

We eat different kinds of food. They all help us in different ways. Rich, wheat, corn, sugar,

butter, etc. Gives us energy. They are called energy giving foods.

Food like fish, eggs, meat, milk, paneer, cheese and pulses build our bones and muscles. So, they are called body building foods.



H.W

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.