

**VIDYA BHAWAN, BALIKA VIDYAPITH**

**SHAKTI UTTAN ASHRAM, LAKHISARAI 811311**

**LEARNING MATERIALS AND ASSIGNMENT 2020-21**

**Date:- 06/06/2020**

**Sub:- E.V.S**

**Day:- Saturday**

**Ch:- 05**

**Sub T:- Rina kri**

**Class:- 2 A+B**

**OUR CLOTHES**

**Fresh fruits and vegetables protect us from diseases.**

**They are called protective foods.**



**Vegetables**

**Fruit**

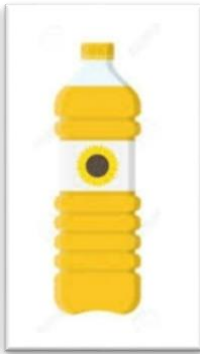


**Protective foods**

***We get these kinds of food from plants.***



***Corn***



***oil***

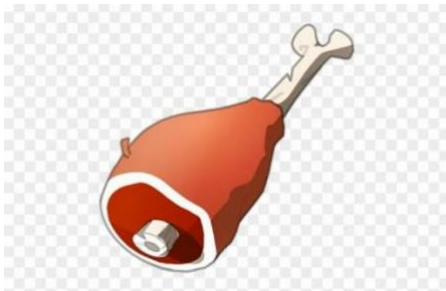


***Vegetables***

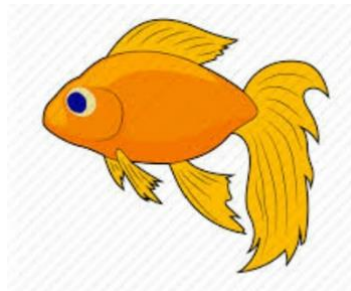


***Fruit***

***We get these items of food from animals.***



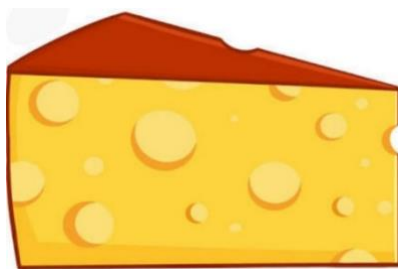
***Meat***



***Fish***



***Milk***



***Cheese***



***Honey***

***Normally we eat food three times a day.***

***Breakfast is the first meal of the day.***

***We take a healthy breakfast in the morning.***

*Usually we have bread, butter, jam, eggs milk, idli, toast fruit, juice etc. In our breakfast.*

**H.W**

**3. Make a list of things that you eat for:**

**A. Breakfast Toast fruit Juice Idli Milk**

**B. Lunch Chapatis Curb fish meat**

**C. Dinner Rice Pulses vegetables Chapatis**