



# INDIAN SCHOOL NIZWA - WORKSHEET

## EVS CH:6- OUR FOOD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Class: II Sec: \_\_\_\_

### I Fill in the blanks:

( lunch, milk, three, live, hungry, time, health, strong, grow, plants and animals )

1. We need food to \_\_\_\_\_.
2. We should eat our meals on \_\_\_\_\_.
3. Junk food is not good for our \_\_\_\_\_.
4. We have \_\_\_\_\_ meals a day.
5. Food makes us \_\_\_\_\_ and health.
6. Butter and ghee are made from \_\_\_\_\_.
7. Food helps our body to \_\_\_\_\_.
8. We get food from \_\_\_\_\_ and \_\_\_\_\_.
9. We take \_\_\_\_\_ in the afternoon.
10. We eat food when we feel \_\_\_\_\_.

### II Answer the following :

1. What do you do to keep yourself healthy?

Ans \_\_\_\_\_  
\_\_\_\_\_

2. Write any two unhealthy food habits.

Ans \_\_\_\_\_



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3. Name some food items that come from animals.

Ans \_\_\_\_\_  
\_\_\_\_\_

III Draw two healthy foods and two junk foods.

| <u>Healthy Food</u>                      | <u>Junk Food</u>                         |
|------------------------------------------|------------------------------------------|
| <br><br><br><br><br><br><br><br><br><br> | <br><br><br><br><br><br><br><br><br><br> |