



SCIENCE
CH:6 FOOD FOR HEALTH

Name: _____ Date: _____ Class: II Sec: _____

I Choose the correct option .

(three, hungry, plenty, strong, Junk)

1. We should drink _____ of water
2. _____ food is not good for our health.
3. We have _____ meals a day.
4. Food makes us _____ and healthy.

II Fill in the blanks.

1. _____ food gives us energy to work and play.
2. _____ is a complete food.
3. We take _____ in the afternoon.
4. We eat food when we feel _____

III Name the following :

1. A particular type of food that we eat at a particular time of the day.

Ans _____

2. The food group that helps us to grow.

Ans _____ , _____

4. The sources of food.

Ans _____ , _____

5. Two vegetables that can be eaten raw.

Ans. _____ , _____

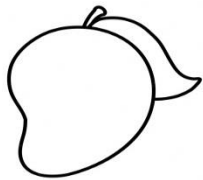
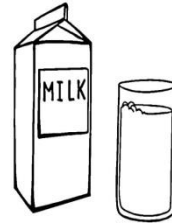
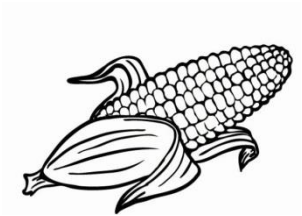
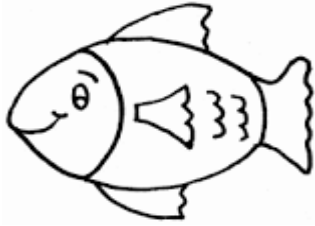
IV True or false.

1. We take breakfast at night. _____
2. We should follow good food habits. _____
3. We should eat the food items without washing them. _____
4. Drink water instead of soft drinks. _____

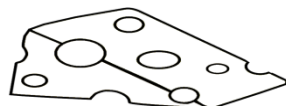


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IV Observe the pictures and name the correct food group .(E for Energy giving food , B for Body building food and P for Protective food)



Cheese



V Draw and colour.

Healthy food	Junk food