



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 _____

3. The sources of food.

Ans _____ , _____

4. Two vegetables that can be eaten raw.

Ans. _____ , _____

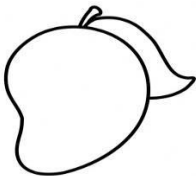
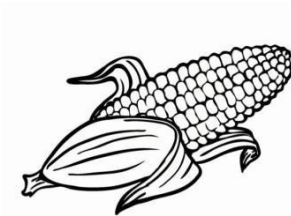
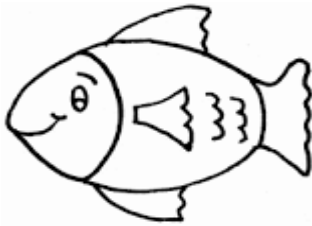
IV True or false.

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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V 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



VI Read the passage and write answers for the following questions.

Meena's lunch box has chapati, chicken curry, carrot sticks, and an apple. Raju's lunch box has only chips and biscuits.

Questions:

1. Whose lunch box is healthier?

2. What could Raju's mother pack to make his lunch box healthier?

Ans. _____

3. Identify the food groups in Meena's lunch box.

Energy giving food - _____

Body building food - _____

Protective food - _____