



SHREE VASISHTHA VIDHYALAYA

S.ST Worksheet 2025-26

Name: _____

Std. II - _____

Roll No. _____

Worksheet No: - CA1-02

Date: - _____

Q-1 Choose the correct option.

- 1) Brother and sister in a family are called **siblings** / **cousin**.
- 2) **Grandparents** / **Stranger** look after the children.
- 3) Sister of our mother are known as our **aunt** / **teacher**.
- 4) We should eat **junk food** / **balanced** meal to stay healthy.
- 5) We should eat **stale** / **fresh** fruits.
- 6) We should chew our food **properly** / **very quickly**.

Q-2 Fill in the blanks with the help of given words in the box.

[filtered, food, cereals, festivals, meals, small]

- 1) We should have our _____ at fixed time.
- 2) _____ become special when celebrated together.
- 3) Nuclear families are _____ family.
- 4) Food grains are called _____.
- 5) _____ provide us strength.
- 6) Water should be boiled and _____ before storing.

Q-3 Who am I ?.

- 1) We protect you from diseases _____.
- 2) I eat only fruits , vegetables, cereals and milk product, known as _____.
- 3) Most of the family members share a common 'last' name, it is known as _____.
- 4) The parents of your mother are known as _____.
- 5) The parents of your father are known as _____.

Q-4 Write true or false for the given statement:

- 1) A joint family has grandparents, father, mother, children, uncle, aunts and cousins. _____
- 2) We should eat burgers and chips daily. _____
- 3) Food helps us to grow strong and healthy. _____
- 4) We should not overcook food. _____
- 5) We eat all the vegetables raw. _____
- 6) We must chew the food properly. _____
- 7) Grandparents are an important part of a large family. _____

Q-5 Identify the picture and write their names in the correct column .



Energy giving food

1) _____

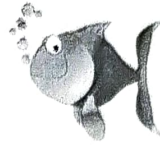
2) _____



Body building food

1) _____

2) _____



Protective food

1) _____

2) _____

Q-6 Match the following.

(A)

- 1) Fruits and nuts
- 2) Balanced diet
- 3) Brother and sister
- 4) Relatives
- 5) Milk
- 6) Junk food
- 7) The child of your uncle and aunt

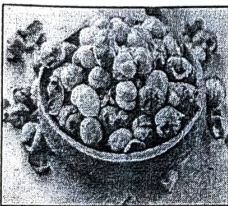
(B)

- a. Sibling
- b. Contains all vital nutrients
- c. Can be eaten raw
- d. Makes our bones strong
- e. Burger and French fries
- f. Cousin
- g. Members who are part of our family

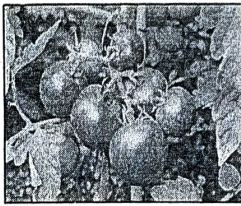
Answer: 1)-____, 2)-____, 3)-____, 4)-____, 5)-____, 6)-____, 7)-____.

Q-7 See the pictures and write 'P' for pulses, 'C' for cereals and 'V' for vegetables.

1)



2)



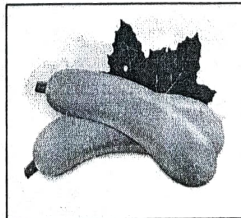
3)



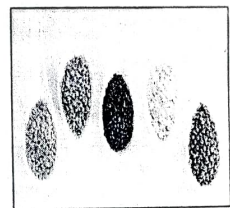
4)



5)



6)



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