



SHREE VASISHTHA VIDHYALAYA

S.ST Worksheet 2025-26

Name: Answer

Roll No. _____

Worksheet No: - CA1-02

Std. II - _____

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 meals at fixed time.
- 2) Festivals become special when celebrated together.
- 3) Nuclear families are small family.
- 4) Food grains are called cereals.
- 5) Food provide us strength.
- 6) Water should be boiled and filtered before storing.

Q-3 Who am I ?

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

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.

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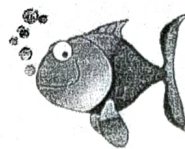
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Q-5 Identify the picture and write their names in the correct column .



Energy giving food

- 1) sugar
2) rice

Body building food

- 1) Fish
2) Cheese

Protective food

- 1) Fruits
2) Vegetables

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

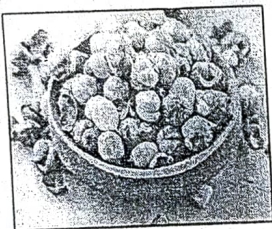
(B)

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

Answer: 1)- c, 2)- b, 3)- a, 4)- g, 5)- d, 6)- e, 7)- f

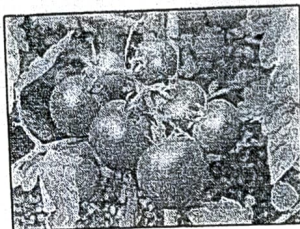
Q-7 See the pictures and write 'P' for pulses, 'C' for cereals and 'V' for vegetables.

1)



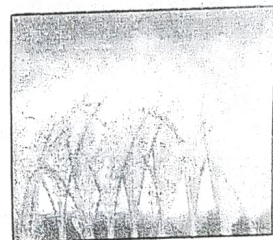
P

2)



V

3)



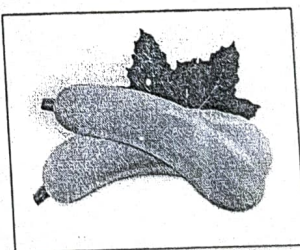
C

4)



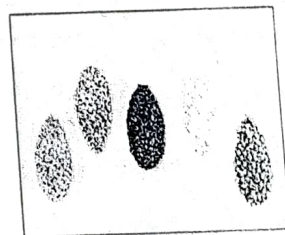
C

5)



V

6)



P

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