

**VASISHTHA GENESIS SCHOOL, BARDOLI**

(Academic Session: 2025-26)

**Date:** \_\_\_\_\_ **Class: 2** **Div: A / B / C** **Roll No:** \_\_\_\_\_ **Sub: S.S****Name:** \_\_\_\_\_ **Worksheet: 2****Ch- 3 Food****New words**

Energy	Pulses	Interval	Digest
Remain	Meat	Vegetarian	Vendor
Healthy	Protect	Non-Vegetarian	Plenty
Body	Diseases	Chicken	Junk
Building	Protective	Cooked	Hungry

**Q1. Fill in the blanks:**

- We get food from \_\_\_\_\_ and \_\_\_\_\_.
- To remain fit and healthy we need \_\_\_\_\_ food.
- \_\_\_\_\_ and \_\_\_\_\_ are protective food.
- We must learn good food \_\_\_\_\_.
- \_\_\_\_\_ is the meal we eat at night.

**Q2. Choose the correct option and answer the following questions:**

- Wash your \_\_\_\_\_ before and after eating.  
(a) legs (b) mouth (c) hands (d) eyes
- Do not buy food from \_\_\_\_\_.  
(a) street vendors (b) shop (c) restaurant (d) hotel
- \_\_\_\_\_ help us to throw out the undigested wastes from body.  
(a) milk (b) juice (c) water (d) food
- Cooking makes food \_\_\_\_\_.  
(a) unhealthy (b) dirty (c) soft, tasty and easy to digest (d) tasteless

**Q3. State whether the following statements are 'True' or 'False':**

- People who eat meat and fish are called non- vegetarians. \_\_\_\_\_
- Dinner is the first meal of the day. \_\_\_\_\_
- Eating junk food is good for health. \_\_\_\_\_
- Some vegetables can be eaten raw. \_\_\_\_\_
- Food helps us to stay fit and healthy. \_\_\_\_\_

**Q4. Match the following columns:**

Column 'A'	Answer	Column 'B'
i) Breakfast	i- ____	a. unhealthy food
ii) Junk Food	ii- ____	b. meat, chicken etc.
iii) Vegetarian	iii- ____	c. first meal of the day
iv) Non- Vegetarian	iv- ____	d. vegetables, fruits etc.

**Q5. Very short answer type of question:**

i. The meal we eat at afternoon

Ans \_\_\_\_\_

ii. Vegetable and fruits are \_\_\_\_ kinds of food

Ans \_\_\_\_\_

iii. We should drink \_\_\_\_ glass of water everyday

Ans \_\_\_\_\_

iv. Name any one protective food

Ans \_\_\_\_\_

**Q6. Answer the following questions:**

i. Why do we need food?

Ans. \_\_\_\_\_  
\_\_\_\_\_

ii. Where do we get food from?

Ans. \_\_\_\_\_  
\_\_\_\_\_

iii. Who are called vegetarians?

Ans. \_\_\_\_\_  
\_\_\_\_\_

iv. Who are called non- vegetarians

Ans. \_\_\_\_\_  
\_\_\_\_\_

v. Why do we cook food?

Ans. \_\_\_\_\_  
\_\_\_\_\_

vi. How is water important for our body?

Ans. \_\_\_\_\_  
\_\_\_\_\_