

**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:**

- i. We get food from plants and animals.
- ii. To remain fit and healthy we need Protective food.
- iii. Fruits and Vegetable are protective foods.
- iv. We must learn good food habits.
- v. Dinner is the meal we eat at night.

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

- i. Wash your \_\_\_\_\_ before and after eating.  
(a) legs (b) mouth (c) hands (d) eyes
- ii. Do not buy food from \_\_\_\_\_.  
(a) **street Vendors** (b) shop (c) restaurant (d) hotel
- iii. \_\_\_\_\_ help us to throw out the undigested wastes from body.  
(a) milk (b) juice (c) **water** (d) food
- iv. 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':**

- |  |              |
|--|--------------|
| i. People who eat meat and fish are called non- vegetarians. | <u>True</u>  |
| ii. Dinner is the first meal of the day.                     | <u>False</u> |
| iii. Eating junk food is good for health.                    | <u>False</u> |
| iv. Some vegetables can be eaten raw.                        | <u>True</u>  |
| v. Food helps us to stay fit and healthy.                    | <u>True</u>  |

**Q4. Match the following columns:**

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

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

i. The meal we eat in the afternoon

Ans Lunch

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

Ans Protective

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

Ans 6-8

iv. Name any one protective food

Ans Apple/ Banana/Spinach/ Cabbage

**Q6. Answer short type of questions:**

**i. Why do we need food?**

**Ans.** We need food to grow and become strong. It also gives us energy to work and play.

**ii. Where do we get food from?**

**Ans.** We get food from plants and animals.

**iii. Who are called vegetarians?**

**Ans.** Vegetarians are people who eat only plants, fruits, vegetables, grains and milk product.

**iv. Who are called non- vegetarians?**

**Ans.** Non- vegetarians are people who eat meat, fish and eggs along with fruits, vegetables And other foods.

**v. Why do we cook food?**

**Ans.** Cooking makes the food soft, tasty and easy to digest.

**vi. How is water important for our body?**

**Ans.** Water helps us digest the food we eat. It also helps us throw out the undigested wastes from the body.