

# VASISHTHA GENESIS SCHOOL, BARDOLI

(Academic Session: 2025-26)

Date: \_\_\_\_\_ Class:2 Div: A/B/C Roll No: \_\_\_\_\_ Sub: SCIENCE  
Name: \_\_\_\_\_ Worksheet: 2 Answerkey

## CH-2 HEALTH IS WEALTH

### New words:

Drink	nutrients	energy	proper	alive	protective
healthy	pulses	diseases	vegetables	quantity	cucumber
uncovered	items	undigested	fibres	brush	groups

### Q1. Fill in the blanks:

- We eat food to stay alive.
- Our body has 70% water in it.
- Eating salad provides us with fibres.
- We should eat meals at fixed hours.
- Body-building food gives our body nutrients to grow.

### Q2. Match the following columns:

COLUMN-A	ANSWER	COLUMN-B
i. Energy giving food	ii. <u>c</u>	(a) salad
ii. Fibres	ii. <u>a</u>	(b) protective food
iii. Food	iii. <u>e</u>	(c) rice , butter
iv. Fruits and vegetables	iv. <u>b</u>	(d) body building food
v. Meat, pulses and meat	v. <u>d</u>	(e) provides energy to work

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

- We should avoid eating uncovered food. True
- Protective food helps us to get rid of undigested food. False
- We must eat all kinds of food. True
- Our body has 70% of water in it. True
- Body building food gives nutrients to our body. True

**Q4. Choose the correct option and answer the following questions:**

i. What helps remove waste from our body?

- (a) sugar      (b) **fibres**      (c) oil      (d) potato

ii. We should wash our hands:

- (a) Only after eating      b) Only before eating      (c) **Before and after eating**      d) none of the above

iii. Body building food includes:

- (a) **Pulses**      (b) sugar      (c) fruits      (d) rice

iv. Fruits and Vegetables helps us:

- (a) Sleep      (b) grow      (c) **stay healthy**      (d) walk

**Q5. Very Short Answer Type Questions:**

i. Name two raw food items      salad , fruits

ii. Name one body building food      Milk

iii. Name one protective food      Fruits

iv. Name one Energy giving food      Potato

**Q6. Short Answer Type Questions:**

i. Name the three kinds of food.

Ans) The three kinds of food are Body building food, Energy giving food and Protective food.

ii. Why do we need food?

Ans) We need food to stay alive and have energy to do work.

iii. Write any two healthy eating habits.

Ans) i. Never waste food.

ii. Brush your teeth twice a day.

iv. Why are fibres important for our body?

Ans) Fibres help us get rid of undigested food from our body.

v. What type of food should we eat food?

Ans) We should eat fresh and clean food.