



SHREE VASISHTHA VIDHYALAYA

SST WORKSHEET 2026-27

Name: _____

Std. II - _____

Roll No. _____

Worksheet No: - PA1-01

Date: - _____

L-3 Food

Conceptual Understanding

Q-1 Tick the correct answer.

1) How do we feel when we eat junk food?

a) strong

b) unfit

c) healthy

2) How should we eat our food?

a) chew properly

b) eat quickly

c) swallow the food

3) Which of these are body-building food?

a) oranges

b) milk

c) nuts

4) Which meal do we have in the afternoon?

a) breakfast

b) dinner

c) lunch

5) What helps us to keep our body fit and healthy?

a) exercise

b) junk food

c) rotten food

6) We should drink _____ glasses of water every day.

a) 2-3

b) 4-5

c) 6-8

Q-2 Fill in the blanks.

1) Water helps us to digest the food we eat.

2) We eat breakfast in the morning.

3) The type of food we eat every day is called our meal.

4) We get food from plants and animals.

5) Food gives us energy to work and play.

Q-3 True or False.

1) We should eat only one type of food to stay healthy.

False

2) We eat dinner in the morning.

False

3) We eat four meals every day.

False

4) A balanced diet is the best diet.

True

5) We need to follow good eating habits to stay healthy.

True

Q-4 Give two examples of each.

- 1) Energy-giving food Sugar, Potato
 2) Body-building food Milk, Pulses
 3) Protective food fruits, vegetables

Q-5 Classify the following into vegetarian and non-vegetarian food.

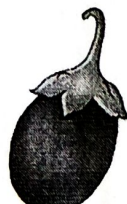
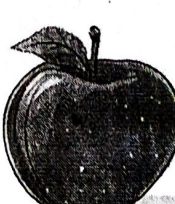
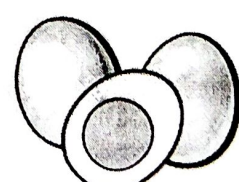
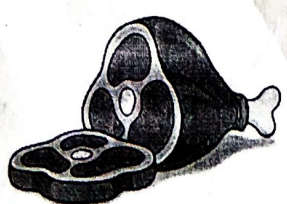
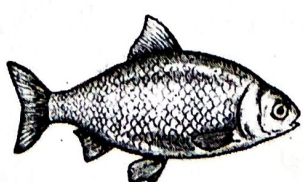

[fish fry, tomato soup, vegetable, pulao, chicken tikka, aloo gobi, paneer tikka, fish curry, butter chicken]

Vegetarian Food	Non-Vegetarian Food
tomato soup	fish fry
Vegetable, pulao	Chicken tikka
aloo gobi,	Fish curry
Paneer tikka	Butter chicken

Q-6 Match the following.

- | A | B | Ans. |
|--------------------|-----------------------|-------------|
| 1) Body - building | a) burger, pizza | 1- <u>d</u> |
| 2) Energy- giving | b) fruits, vegetables | 2- <u>c</u> |
| 3) Protective | c) sugar, potato | 3- <u>b</u> |
| 4) Unhealthy | d) milk, pulses | 4- <u>a</u> |

Q-7 Write 'P' for the food we get from plants and 'A' for the food we get from animals.

- 1)  P
- 2)  P
- 3)  A
- 4)  A
- 5)  A
- 6)  P

KW
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