

ST. ANDREWS SCOTS SENIOR SECONDARY SCHOOL
9th Avenue I.P Extension, Patparganj, Delhi-110092
(Session 2024-25)

Class II

Subject- EVS

Lesson-4 (Food we eat)

New words

1. energy
2. grow
3. healthy
4. protective
5. diet
6. undigested
7. disease
8. habit
9. nutrient
10. vegetarian
11. remove
12. avoid

Fill in the blanks.

1. All vegetables and fruits come from plants.
2. A person who eats meat is non-vegetarian.
3. Spinach is a protective food.
4. We should eat healthy diet.
5. Food gives us energy.

Matching

A	B
1. Energy giving food	pulses (3)
2. Protective food	pizza (4)
3. Body building food	butter (1)
4. Junk food	digest the food (5)
5. Water	papaya (2)

Question/Answer

Q1. Why do we need food?

Ans. We need food because:

- 1.It gives us energy to work and play.**
- 2.It helps us to grow.**
- 3.It keeps us healthy and strong.**

Q2. What is protective food?

Ans. Food that protect us from diseases is called protective food. eg- papaya, spinach etc.

Q3. Who are vegetarians?

Ans. People who eat only plant products and milk products are called vegetarians.