

St. Andrews Scots Sr. Sec. School

9th Avenue , I.P. Extension Patparganj, Delhi- 92

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Class: II Sub: EVS

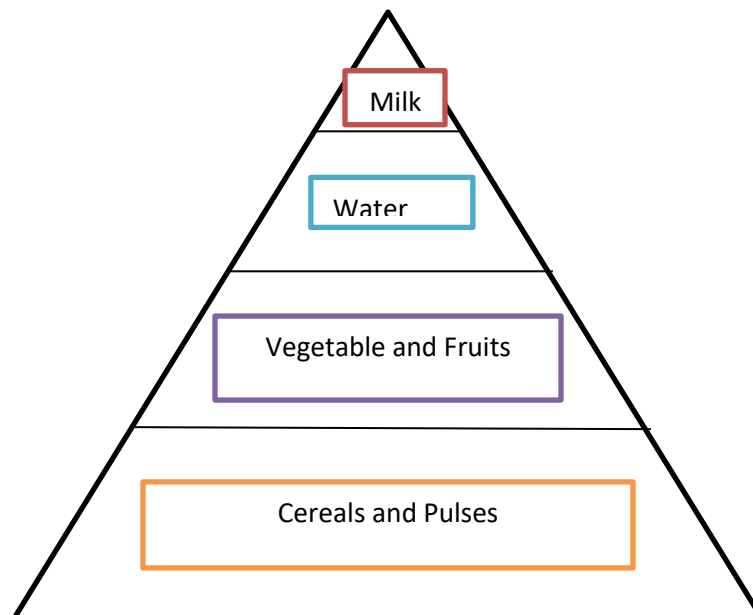
L-14 (Good food habits)

New Words

1. vendors
2. germs
3. refrigerator
4. nutritious
5. rinse
6. meal
7. roadside
8. stale
9. precious
10. overeat

WEBCHART

BALANCED DIET CHART



DRAW PICTURES OF-

1. Healthy food



fruits



vegetables



milk



rice

2. Junk food



pizza



chocolate



burger



icecream

QUESTION/ANSWER

Q1. Why should we eat a balanced diet?

A1. We should eat a balanced diet because –

- (a) It helps us to grow.
- (b) It gives us energy to work and play.
- (c) It protects us from diseases.

Q2. Write two good food habits.

- A2.** (a) We should eat food at fixed time.
- (b) We should eat clean and fresh food.