

St. Andrews Scots Sr. Sec. School

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

Session: 2026-2027

Class: II Sub: EVS

L-6 Food we eat

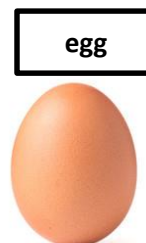
NEW WORDS

1. cereals
2. pulses
3. grains
4. protective
5. radish
6. digest
7. butter
8. cheese
9. carrot
10. vegetarian

Give two examples of each:-

- 1- Body building food - milk , pulses
- 2- Energy giving food – rice , potato
- 3- Protective food - fruits , vegetables

Drawing of Body building food



Drawing of Energy giving food



rice



potato

Drawing of Protective food



fruits



vegetables

QUESTION/ ANSWERS

Q-1: What are protective foods?

Ans: Protective foods help us to stay healthy and prevent us from falling sick.

Q-2: How many glasses of water we should drink everyday?

Ans: We should drink atleast 6-8 glasses of water everyday.