

**Class – II \_\_\_\_\_**  
**E.V.S Worksheet**  
**Unit 5: FOOD**

Name \_\_\_\_\_

Date :

**I. Tick the correct answer**

1. Which of the following is a vegetarian food?  
a. Milk                      b. fish                      c. meat
2. Which of the following is a fast food?  
a. Bread                      b. Pizza                      c. Rice
3. Bees give us \_\_\_\_\_  
a. wool                      b. silk                      c. honey
4. \_\_\_\_\_ is a complete food. It is important for good health.  
a. Milk                      b. Rice                      c. Meat

**II. Fill in the blanks**

1. We should not \_\_\_\_\_ food.
2. We drink milk and \_\_\_\_\_.
3. Food gives us \_\_\_\_\_ to work and play.
4. Junk food is not good for our \_\_\_\_\_.
5. Vegetarians do not eat eggs, meat and \_\_\_\_\_.

**III. Answer the following questions**

1. How does food help us?

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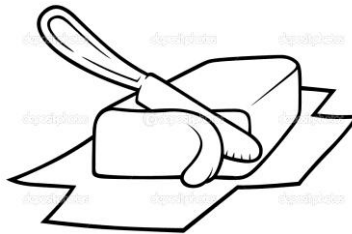
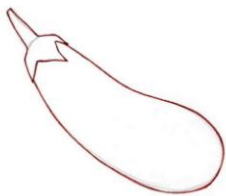
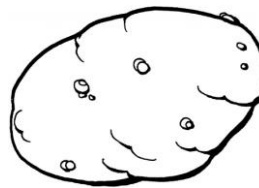
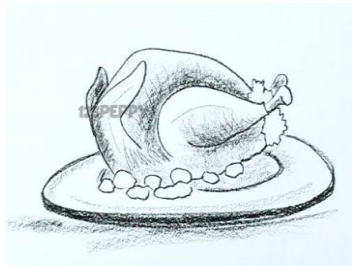
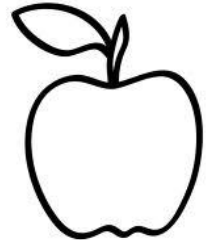
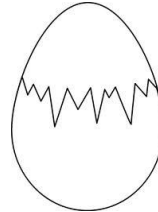
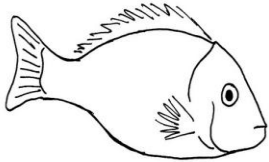
2. What should we do to stay healthy?

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IV. Colour the items as per the instructions given –

- Body building foods – Blue
- Food that keeps us healthy - Red
- Energy giving food – Green



V. Give one word answer

1. People who eat fruits, vegetables, pulses, cereals in their meals are called

\_\_\_\_\_

2. Food that is tasty and fast to cook, but not good for health are called

\_\_\_\_\_

3. How many times do we eat food?

\_\_\_\_\_

4. People who eat meat, egg, fish in their meals are called

\_\_\_\_\_