



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2024-2025)

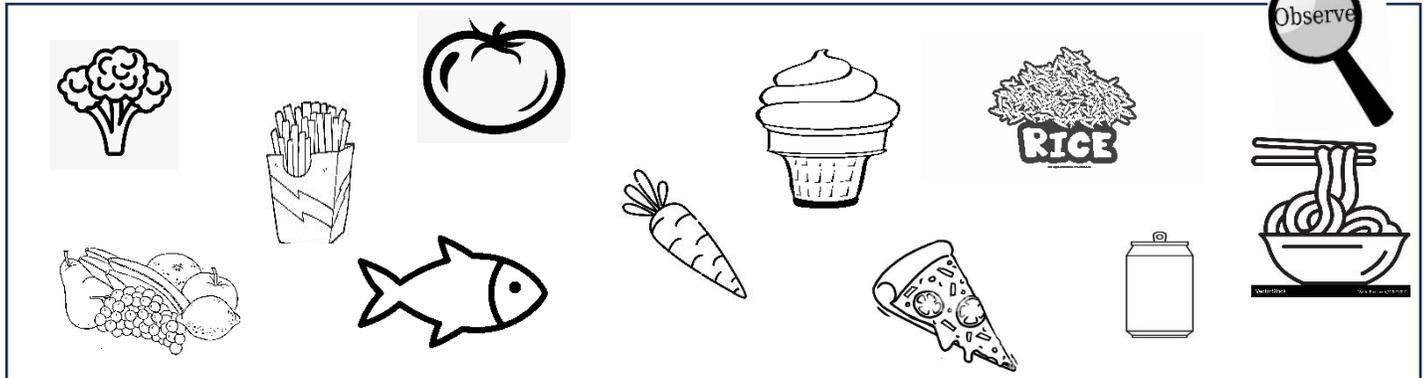
TOPIC: FOOD WE EAT & GOOD FOOD HABITS

RECALL WORKSHEET

RESOURCE PERSON: SUJA NAIR

NAME: \_\_\_\_\_ CLASS: II SEC \_\_\_\_\_ DATE \_\_\_\_\_

Q1. Observe the given images and colour the healthy food and cross out unhealthy food.



Q2. Read the sentences carefully. Circle the appropriate word from the given options to make the sentences meaningful.

1. The **small / big meals** are snacks eaten mid-morning and early in the evening.
2. We have **breakfast / dinner** at night.
3. The food that we eat at a particular time is called a **meal/ vegetable**.
4. We have lunch at **night / noon**
5. We must eat enough food to be **unhealthy/healthy**.



Q3. Circle the odd one out.

apple	radish	banana
mango	orange	potato
onion	paneer	curd
pasta	milk	noodles
rice	wheat	rose



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TOPIC: FOOD WE EAT & GOOD FOOD HABITS

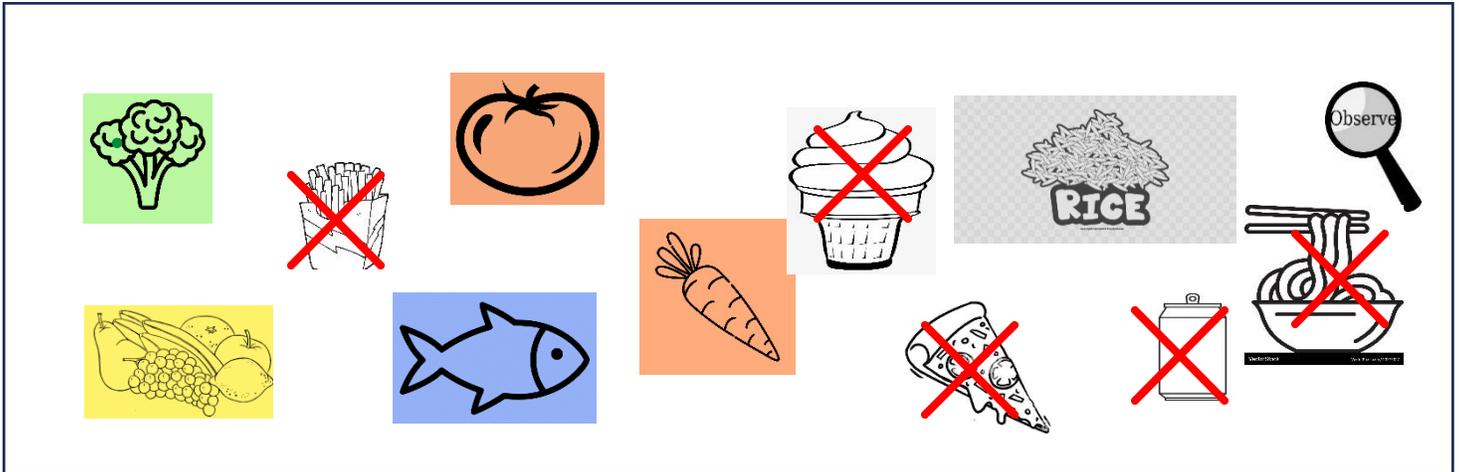
RECALL WORKSHEET

RESOURCE PERSON: SUJA NAIR

ANSWER KEY

NAME: \_\_\_\_\_ CLASS: II SEC \_\_\_\_\_ DATE \_\_\_\_\_

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- The small / big meals are snacks eaten mid-morning and early in the evening.
- We have breakfast / dinner at night.
- The food that we eat at a particular time is called a meal / lunch.
- We have lunch at night / noon.
- We must eat enough food to be unhealthy / healthy.



Q3. Circle the odd one out.

1. apple	<u>radish</u>	banana
2. mango	orange	<u>potato</u>
<u>onion</u>	paneer	curd
4. pasta	<u>milk</u>	noodles



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2024-2025)

TOPIC: FOOD WE EAT & GOOD FOOD HABITS

WORKSHEET 1

RESOURCE PERSON: SUJA NAIR

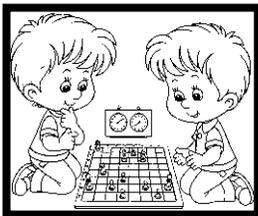
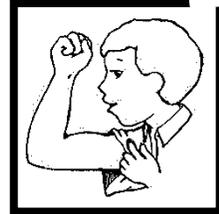
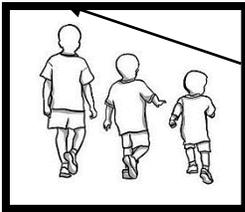
NAME: \_\_\_\_\_ CLASS: II SEC \_\_\_\_\_ DATE \_\_\_\_\_

Q1. Observe the given images. Using the help box write the function (use) of food they depict (show).



Scan the QR code to understand better!

to grow	to work and play
to be healthy	to keep warm

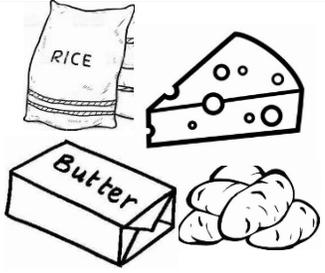
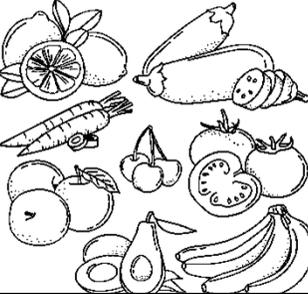
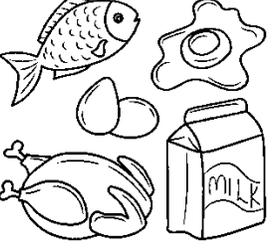


Q2. Give two examples of each of the following:



- a. Food from plants - \_\_\_\_\_
- b. Food from animals - \_\_\_\_\_
- c. Energy giving food - \_\_\_\_\_
- d. Body- building food - \_\_\_\_\_
- e. Protective food - \_\_\_\_\_

**Q3. Observe the given images. Name the kind of food they depict. Write the function of each kind of food.**

	Type of food	Functions
		
		
		

**Q4 Match the appropriate phrases from Column "A" and column "B" using different colour pencils. Write the complete sentences below.**

A	B
1. We should always use	a. also keeps us healthy.
2. Water	b. refrigerator.
3. Germs do not grow in	c. is important for good health.
4. Proper food habits	d. clean plates and dishes.

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TOPIC: FOOD WE EAT & GOOD FOOD HABITS

WORKSHEET 1

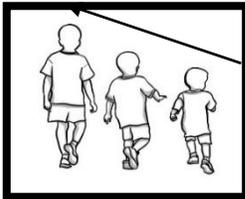
RESOURCE PERSON: SUJA NAIR

ANSWER KEY

NAME: \_\_\_\_\_ CLASS: II SEC \_\_\_\_\_ DATE \_\_\_\_\_

Q1. Observe the given images. Using the help box write the function (use) of food they depict (show).

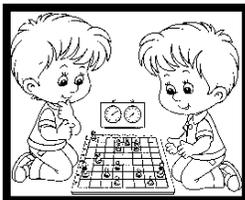
to grow	to work and play
to be healthy	to keep warm



to grow



to be healthy



to work and play



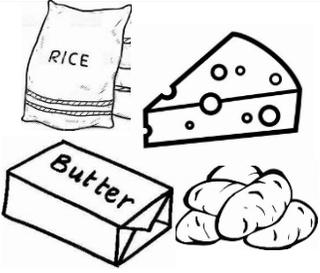
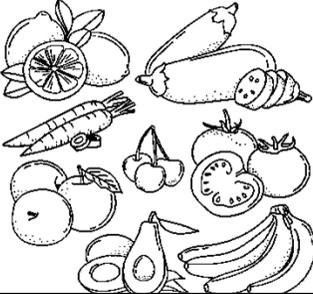
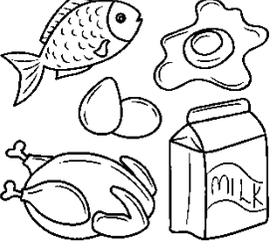
To keep warm

Q2. Give two examples of each of the following:

- a. Food from plants - cereals and pulses
- b. Food from animals - fish and milk
- c. Energy giving food - rice and potato
- d. Body- building food - milk and egg
- e. Protective food - fruits and vegetables



**Q3. Q3. Observe the given images. Name the kind of food they depict. Write the function of each kind of food.**

	Type of food	Functions	
	<b>Energy giving food</b>	They give us energy to work, play and think.	
	<b>Protective food</b>	They help us to stay healthy and prevent us from falling sick.	
	<b>Body-building food</b>	They build up our bones and muscles.	

**Q4 Match the appropriate phrases from Column "A" and column "B" using different colour pencils. Write the complete sentences below.**

A	B
1. We should always use	a. keeps us healthy.
2. Water	b. refrigerator.
3. Germs do not grow in	c. is important for good health.
4. Proper food habits	d. clean plates and dishes.

**1. We should always use clean plates and dishes.**

**2. Water is important for good health.**

**3. Germs do not grow in refrigerator.**

**4. Proper food habits keeps us healthy.**



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2024-2025)

TOPIC: FOOD WE EAT & GOOD FOOD HABITS

WORKSHEET 2

RESOURCE PERSON: SUJA NAIR

NAME: \_\_\_\_\_ CLASS: II SEC \_\_\_\_\_ DATE \_\_\_\_\_

Q1. Fill in the blanks with the help of the help box given below.

Scan the QR code  
to understand  
better!



talk or laugh	uncovered	cooking	net
 <p>We should cover all food items with a lid or a _____.</p>		 <p>We should wash fruits and vegetables with clean water before _____ them.</p>	

Food should not be left \_\_\_\_\_.



We should not \_\_\_\_\_ while eating.



Q2. This is Rahul studying in class II, his EVS teacher taught him about balanced diet in the class. On returning home, he shared his knowledge with his mother. Rahul's mother asked him few questions mentioned below, Rahul got confused. Help him to answer these questions.

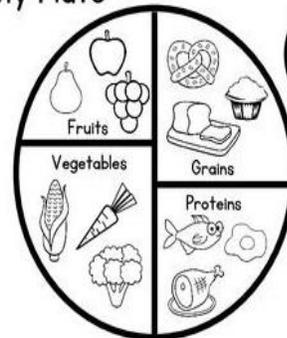
a) What is a balanced diet?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b) Why must you have cereals, pulses, milk, green vegetables and fruits every day? Give reason.

\_\_\_\_\_  
\_\_\_\_\_

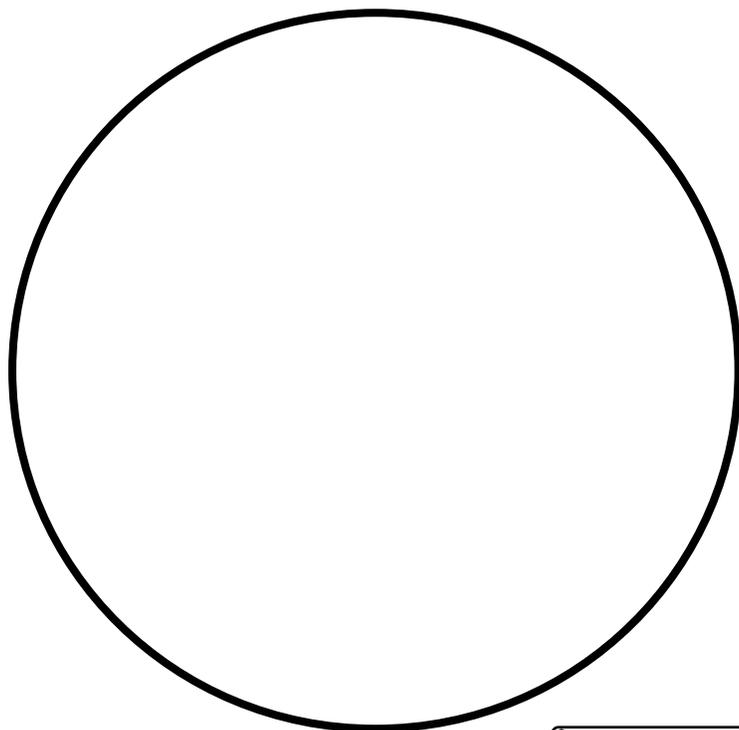
My Plate



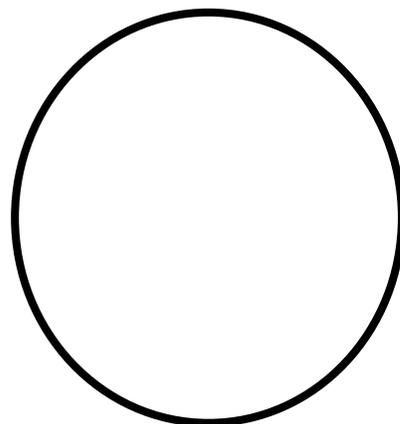
**Q3. If you were planning a healthy meal, what types of foods would you include to make sure you're eating well and feeling good? Think about fruits, vegetables, proteins like chicken or beans, grains like rice or whole wheat bread, and dairy like milk or yogurt. What combination of these foods would make a balanced and yummy meal?**

**"Plan a Healthy meal"**

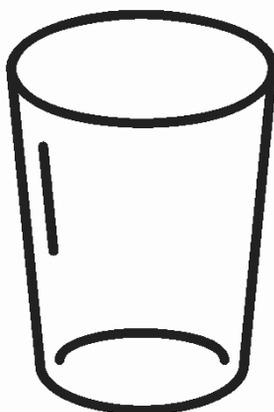
Main course



Dessert



Drink





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DEPARTMENT OF EVS (2024-2025)

TOPIC: FOOD WE EAT & GOOD FOOD HABITS

WORKSHEET 2

RESOURCE PERSON: SUJA NAIR

ANSWER KEY

NAME: \_\_\_\_\_ CLASS: II SEC \_\_\_\_\_ DATE \_\_\_\_\_

Q1. Fill in the blanks with the help of the help box given below.

Scan the QR code to understand better!



talk or laugh	uncovered	cooking	net
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We should cover all food items with a lid or a \_\_\_\_\_ **net** \_\_\_\_\_



We should wash fruits and vegetables with clean water before \_\_\_\_\_ **cooking** \_\_\_\_\_ them.

Food should not be left \_\_\_\_\_ **uncovered** \_\_\_\_\_




We should not **\_talk or laugh\_** \_\_\_\_\_ while eating.

Q2. This is Rahul studying in class II, his EVS teacher taught him about balanced diet in the class. On returning home, he shared his knowledge with his mother. Rahul's mother asked him a few questions mentioned below, Rahul got confused help him to answer these questions.

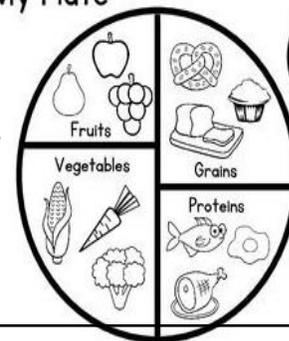
a) What is a balanced diet?

**A balanced diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease free.**

b) Why must you have cereals, pulses, milk, green vegetables and fruits every day? Give reason.

**We should have cereals, pulses, milk, green vegetables and fruits every day as these foods help us to grow, give us energy to work and play and also protect us from diseases.**

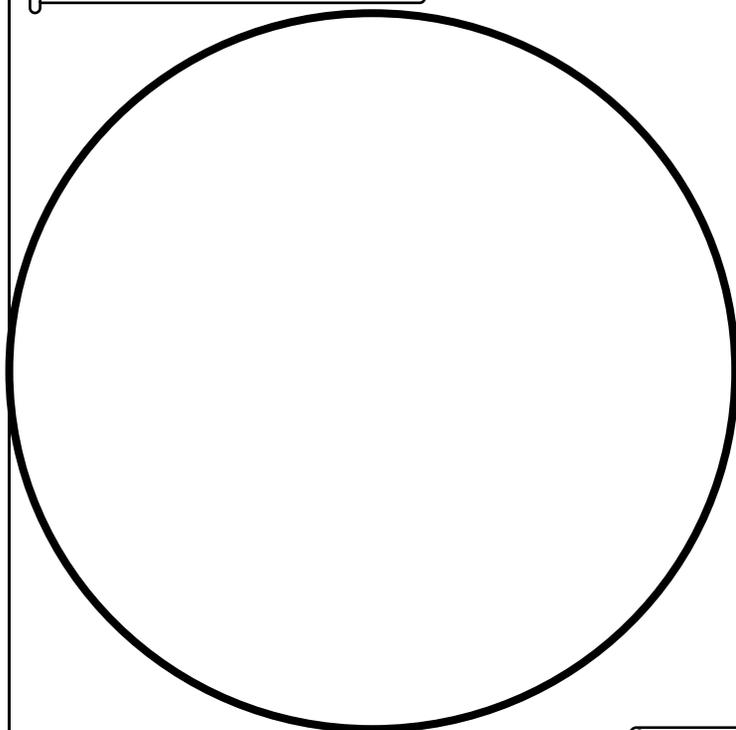
My Plate



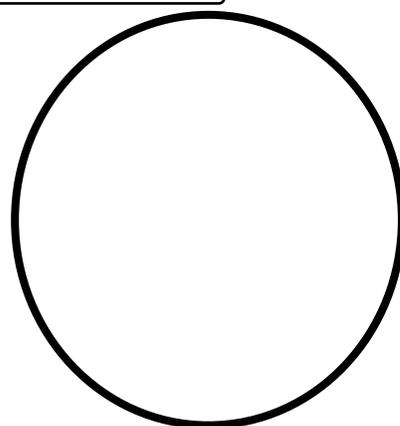
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**"Plan a Healthy meal"**

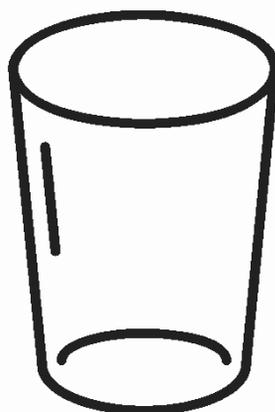
**Main course**



**Dessert**



**Drink**



**Student's Discretion**



# INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2024-2025)

TOPIC: FOOD WE EAT & GOOD FOOD HABITS

CHAPTER CHECKUP WORKSHEET

RESOURCE PERSON: SUJA NAIR

NAME: \_\_\_\_\_ CLASS: II SEC \_\_\_\_\_ DATE \_\_\_\_\_

### Q1. Choose the correct spelling from the bracket and fill in the blanks.

1. Food give us \_\_\_\_\_ to work and play. (**energy, health**)
2. We have this meal in the afternoon \_\_\_\_\_. (**breakfast, lunch**)
3. \_\_\_\_\_ are the people who eat the food we get from plants. (**Vegetarians, Non-vegetarians**)
4. Eating different kinds of food keeps us \_\_\_\_\_. (**sick, healthy**)
5. We store food in the \_\_\_\_\_ to prevent it from spoiling and it remains safe. (**refrigerator, table**)
6. We must always eat a \_\_\_\_\_ diet to be fit and healthy. (**unhealthy, balanced**)



### Q2. Read and colour the appropriate smiley faces.

1. We must wash our hands before and after our meals.
2. We should eat junk food, it is good for our health.
3. We should not buy food from roadside vendors.
4. We must not clean our teeth after every meal.



### Q3. Answer the following questions.

Q1. Why must we not buy food from the roadside vendors?

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Q2. Why do we eat food?

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**Q3. Write any two good food habits?**

Scan the QR code to understand better!



**Q4. Why should we rinse our mouth and brush our teeth after every meal?**

**Q5. Why water is important for our body?**

**Q6. Circle the correct spellings from the words given below.**

1. nuclear, nuclare, ncluear
2. recreation, recreation, acreationa
3. rleatives, leratives, relatives
4. museum, msueum, meusum
5. grandparents, gdranparents, grarenand



**Rate it!!! Did you enjoy doing this worksheet?**



Very much



Not much



Okay



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DEPARTMENT OF EVS (2024-2025)

TOPIC: FOOD WE EAT & GOOD FOOD HABITS

CHAPTER CHECKUP WORKSHEET

RESOURCE PERSON: SUJA NAIR

**ANSWER KEY**

NAME: \_\_\_\_\_ CLASS: II SEC \_\_\_\_\_ DATE \_\_\_\_\_

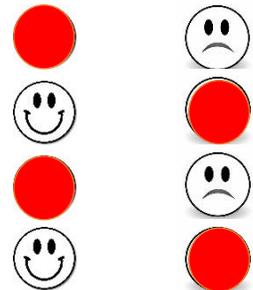
**Q1. Choose the correct spelling from the bracket and fill in the blanks.**

1. Food give us \_\_\_ **energy** \_\_\_\_\_ to work and play. (**energy, health**)
2. We have this meal in the afternoon \_\_\_ **lunch** \_\_\_\_\_. (**breakfast, lunch**)
3. **Vegetarians** \_\_\_\_\_ are the people who eat the food we get from plants. (**Vegetarians, Non-vegetarians**)
4. Eating different kinds of food keeps us \_\_\_ **healthy** \_\_\_\_\_. (**sick, healthy**)
5. We store food in the \_\_\_ **refrigerator** \_\_\_\_\_ to prevent it from spoiling and it remains safe. (**refrigerator, table**)
6. We must always eat a \_\_\_ **balanced** \_\_\_ diet to be fit and healthy. (**unhealthy, balanced**)



**Q2. Read and colour the appropriate smiley faces.**

1. We must wash our hands before and after our meals.
2. We should eat junk food, it is good for our health.
3. We should not buy food from roadside vendors.
4. We must not clean our teeth after every meal.



**Q3. Answer the following questions.**

**Q1. Why must we not buy food from the roadside vendors?**

**Ans - We should not buy food from the roadside vendors because they sell uncovered and stale food. It has germs, dust or dirt which can make us sick.**

**Q2. Why do we eat food?**

**Ans: We eat food to grow, to work and play and to stay healthy.**

**Q3. Write any two good food habits?**

Scan the QR code to understand better!



**The two good food habits are:**

- 1. We must chew our food well and eat slowly.**
- 2. We should not waste food.**

**Q4. Why should we rinse our mouth and brush our teeth after every meal?**

**We should rinse our mouth and brush our teeth after every meal because bits of food get stuck between our teeth which can cause tooth decay.**

**Q5. Why water is important for our body?**

**Our body needs a lot of water as it helps us to digest the food we eat. We should drink at least 6 – 8 glasses of water every day.**

**Q6. Circle the correct spellings from the words given below.**

- 1. nuclear, nuclare, ncluear**
- 2. recaretion, recreation, acreaetiona**
- 3. rleatives, leratives, relatives**
- 4. museum, msueum, meusum**
- 5. grandparents, gdranparents, grarenand**



**Rate it!!!**

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