



Class - II EVS

4. We need food

I. Fill in the blanks:

1. The ability to do work is call an energy.
2. The small meal or snack that we eat before dinner is called supper.
3. We usually eat three main meals in a day.
4. The food items that protect us from falling ill are called protective foods.
5. We should not eat uncovered food from roadside vendors.

II. Give two examples :

- | | | |
|-----------------------|---|--------------------|
| 1. Energy giving food | : | Sugar, Potato |
| 2. Bodybuilding food | : | Meat, Eggs |
| 3. Protective food | : | Fruits, Vegetables |

III. Answer the following :

1. Why do we need food ?

Ans.: We need food to grow, become strong and healthy and get energy to work and play.

2. Where do we get food from ?

Ans.: We get our food from different sources like plants and animals

3. Name the three types of food we eat ?

Ans.: a. Energy giving food
b. Body building food
c. Protective food

4. Why should we drink lots of water ?

Ans.: We should drink lots of water because water helps us to digest the food we eat and it also flushes our wastes from our body

5. What is a balanced diet ?

Ans.: A diet which includes all types of food in the right amount is called a balanced diet.

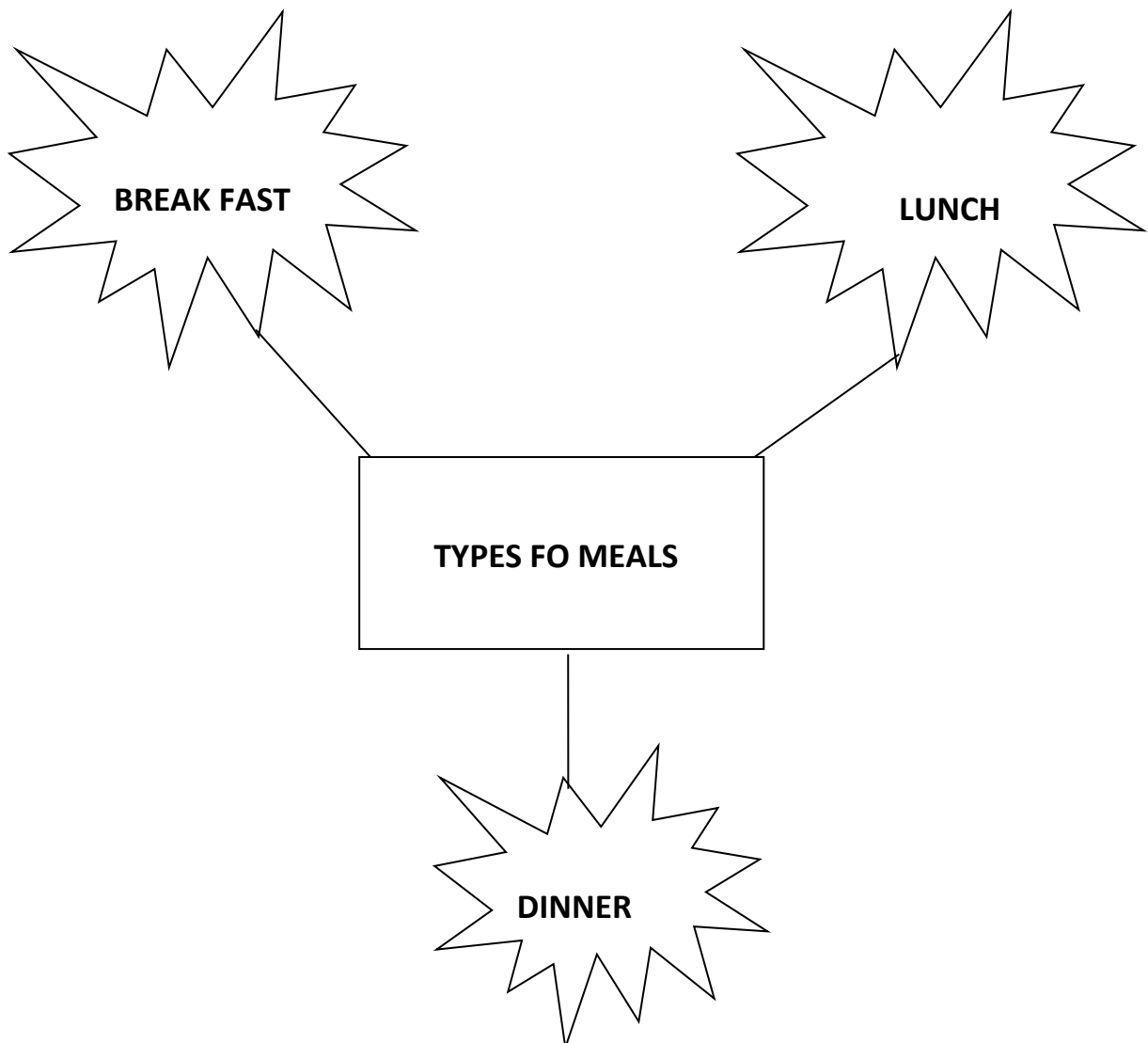
IV. Draw a neat diagram of balanced diet



V. Complete the analogy:

1. Plants : Fruits and Vegetables ; Animals : Meat
2. Breakfast : Morning ; night : dinner

VI. Mind Map



5. Clothes we wear

I. Choose the correct answer :

1. A dancer wears costumes
a) pilot b) dancers c) sailor
2. Polyester is a synthetic fibre
a) polyester b) cotton c) wool
3. Woollen clothes keep us warm and

II. Write True or False :

1. Cotton clothes soak sweat easily. : True
2. A tailor dyes the cloth in different colours : False
3. A loom is a machine used for making cloth
by crossing threads : True

III. Match the following :

- | | | | |
|-----------|---|-----------------|-----|
| 1. Doctor | : | natural fibre | (3) |
| 2. Sheep | : | uniform | (1) |
| 3. Silk | : | synthetic fibre | (4) |
| 4. Nylon | : | wool | (2) |

IV. Answer the following :

1. Why do we wear woollen clothes in winter?

Ans. : We wear woollen clothes in winter because they keep us warm and protect us from cold.

2. What are synthetic fibres ? Give 2 examples

Ans. : The fibre that are man - made are called synthetic fibres.

Examples : nylon and rayon

3. What are costumes ?

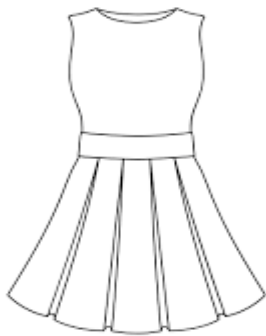
Ans. : Costumes are the clothes wear by people from a particular place or on a special occasion.

4. Write any two uses of cloth other than for making clothes ?

Ans. : Curtains and blankets

V. Draw different clothes in different reasons :

1. Summer season :



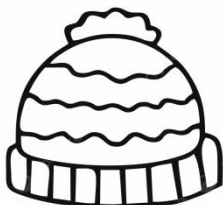
VectorStock®
VectorStock.com/11729849

Frock



Trouser

2. Winter Season :



Cap



Sweater

3. Rainy season :



Rain coat



Gumboots

VI. Mind map :

