

WELLAND GOULDSMITH SCHOOL
CLASS – 2 SCIENCE ANSWER KEY(CHAPTER 14)
TOPIC : THE FOOD WE EAT

I. Name the following :

1. Food.
2. Body – building foods.
3. Energy – giving foods.
4. Protective foods.
5. Indigestion.

II. Fill in the blanks :

1. heat, energy.
2. proper.
3. chew.
4. play.
5. balanced.

TEXTBOOK EXERCISES :

• **Page 79**

A. Answer the following questions :

1. Oil, ghee and butter are three energy – giving foods.
2. Milk and fish are two foods which give strength to our bones and muscles.
3. Milk and green vegetables are two foods which increase the resistance of our body against diseases.
4. We need food because it helps us to grow. Food gives us heat and energy to work and play and protects our body from diseases.

B. Tick (✓) for the true and cross (x) for the false statement :

1. x.
2. ✓.
3. ✓.
4. x.

C. Match the items of column I with the items of column II :

1. proper time.
2. healthy.
3. work and play.
4. diseases.