

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

SYNOPSIS :

Food is something that we eat everyday. Food helps us to grow. The good food that we eat makes us stay healthy. Food gives us heat and energy and it protects our body from diseases. Food gives us energy to work and play. There are different kinds of foods :

- A. **Body - building foods** - These foods give strength to our bones and muscles. Some of them are milk, fish, eggs, wheat, etc.
- B. **Energy - giving foods** - These foods give energy to our body. Some of them are oil, ghee, butter, bread, rice, etc.
- C. **Protective foods** - These foods increase the resistance of a body against diseases. Some of them are sugar, milk, milk products, fruits and vegetables. These foods are called protective foods because they contain **vitamins** which protects us from diseases.

Apart from eating healthy food it is also very important to drink plenty of water to remain healthy.

Good Food Habits

There are a few good food habits which everyone must follow to remain healthy. They are :

1. We should eat food at proper times.
2. We should avoid eating in between the meals.
3. We must not overeat because that causes indigestion.
4. Do not eat very little food because it causes weakness in the body.
5. We should always eat fresh and balanced food.
6. We must not buy food from roadside vendors or street vendors. This food is open to dust and flies. It therefore has germs of many diseases that can make you ill.
7. Always wash your hands before and after eating.
8. Eat your food in clean dishes.
9. Eat food in a clean place and eat slowly.
10. Chew your food properly because it helps in digestion.
11. Rinse your mouth with lukewarm water before and after every meal.
12. Do not eat food while playing.

I. Name the following :

1. This helps us to grow. _____
2. Foods which gives strength to our bones and muscles. _____
3. Foods that gives energy to our body. _____
4. Foods that increase the resistance of our body against diseases. _____
5. This is caused due to overeating. _____

II. Fill in the blanks :

1. Food gives us _____ and _____.

2. We should eat at _____ times.
3. Eat slowly and _____ your food properly.
4. Food gives us energy to work and _____.
5. Always eat fresh and _____ food.

III. Draw and label two foods from each category :

1. Body – building foods.
2. Energy – giving foods.
3. Protective foods.

TEXTBOOK EXERCISES :

- **Page 79** – Exercises A, B and C.

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