

Welland Gouldsmith School

Science Worksheet

Class- II

SYNOPSIS

The Food We Eat

We eat food everyday as it helps us to grow. Good food helps to keep us healthy and fit. Food gives us energy. There are different kinds of food; they are body - building food, energy giving food and protective food. We should eat food at the proper time and avoid eating between meals. Apart from food we must drink plenty of water to remain healthy.

- Children please do questions 1, 2 and 3 in your interleaf Science Exercise Book
1. Answer the following questions:
 - a) Name three energy giving food.
 - b) Name two food which gives strength to our bones and muscles.
 - c) Name two food which increases the resistance of our body against diseases.
 - d) Why do we need food?

 2. Fill in the blanks:
 - a) Good food helps to keep us _____.
 - b) We must drink plenty of _____ to remain healthy.
 - c) Wash your hands _____ and _____ eating.
 - d) Eat food in a _____ place.
 - e) We should eat a _____ diet.

 3. Draw, colour and label any 3 kinds of food for the following
 - a) Body - building food.
 - b) Energy giving food.
 - c) Protective Food.