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CLASS: II

MONTH: AUGUST

OUR FOOD

Food is our basic need. Food helps us to grow. Food also helps us to fight with diseases and illness.

Food groups:

There are three important food groups.

1) Energy giving foods:

Food items like rice, potatoes, milk, butter, oil, ghee, bread and roti give us energy to work and play. It contains carbohydrates and fats.

2) Body building food:

Food items such as dal, fish, eggs, meat, milk and milk products like curd help us to grow and be healthy. It contains proteins.

3) Protective food:

Fresh fruits, green leafy vegetables and other vegetables keep us strong and healthy. It contains vitamins and minerals.

Sources of food:

- ⊗ We get food from plants and animals.
- ⊗ We get vegetables such as potatoes, carrots, and onions from plants.
- ⊗ We get fruits such as apples, mangoes, grapes and bananas from plants.
- ⊗ Plants also give us seeds or grams, wheat, gram and beans.
- ⊗ We also eat the leaves of some plants like coriander, mint, cabbage and spinach.
- ⊗ We get milk, honey, eggs and meat from animals.

Different types of diet:

The food we eat regularly is called diet.

Some people eat meat, eggs and fish. They are called non-vegetarians.

People who do not eat meat and fish are called vegetarian.

Balanced diet:

- Ψ We must have the proper quantity of food from each group.
- Ψ This type of food is called a balanced diet.
- Ψ Do not over eat.
- Ψ We must drink plenty of food.

Good food habits:

- ♣ Eat at proper timings.
- ♣ Chew food well and eat slowly.
- ♣ Wash the fruits and vegetables before you eat them.
- ♣ Eat fresh food.
- ♣ Do not waste food.
- ♣ Avoid eating junk food.
- ♣ Do not eat foods exposed to flies and dust.
- ♣ Drink clean water.

I) Write down some plant products and animal products:

Plant products	Animal products
Banana	Egg
Carrot	Milk
Wheet	Honey
Coriander	Meat

II) Name of some foods are given below. Put them in the right colour:

Energy-giving	Body-building	Protective
Rice	Peas	Grapes
Potato	Gram	Radish
Sugar	Bean	Beetroot
Butter	Coconut	Cabbage
Wheat	Cheese	Beans
Bread	Fish	Pine apple

III) Choose the correct answer:

- 1) Rice and wheat are _____ .(leaves/grains)
- 2) There are _____ important food groups.(three/four)
- 3) _____ is a complete food.(tea/milk)
- 4) Drink _____ water.(clean/dirty)
- 5) _____ is non-vegetarian food.(meat/pulses)

IV) Match it:

- 1) Morning – Lunch (2)
- 2) Afternoon – Vegetables, fruits, spinach (4)
- 3) Night – Breakfast (1)
- 4) Plants – Meat, fish, milk,egg (5)
- 5) Animals – Dinner (3)
- 6) Vegetables – Bakery shop (8)
- 7) Pulses, cereals – Vegetable shop (6)
- 8) Bread, jam – Grocery shop (7)
- 9) Fruits – Butcher shop (10)
- 10) Meat – Fruits-sellers (9)

V) Write yes or no:

- 1) Do you wash a fruit before eating? Yes
- 2) Do you drink plenty of water? Yes
- 3) Do you eat junk food? No
- 4) Do you sit straight while eating? Yes

- 5) Do you waste your food? No
- 6) Do you chew your food properly? Yes
- 7) Do you eat food exposed flies and dust? No
- 8) Do you have food at fixed time? Yes

VI) Answer the following questions:

Q.1) Why do we need food?

Ans: Food makes us healthy and strong.

Q.2) Where do we get food?

Ans: We get food from plants and animals.

Q.3) How many groups of food? Write their names:

Ans: There are 3 groups of food items. They are,

1. Energy giving food
2. Body building food
3. Protective food

Q. 4) What is Energy giving food?

Ans: The food that gives us energy to work and play is called energy giving food. It contains Carbohydrates and fats.

Examples: rice, sugar, potato, milk, oil, wheat.

Q.5) What is body building food?

Ans: Food helps us to grow and build our body. It contains proteins.

Examples: peas, bean, coconut, meat, eggs.

Q.6) What is protective food?

Ans: Food helps us to protect from diseases. It contains vitamins and minerals.

Examples: Fruits, vegetables, milk