

EVS-2

Chapter 6: Our Food (Worksheet)

A. Multiple Choice Questions (MCQs)

1. Which of these is an energy-giving food?
a) Potato b) Apple c) Spinach
2. We get food from _____.
a) Plants and animals b) Only plants c) Only animals
3. Which food helps us to grow?
a) Body-building food b) Junk food c) Raw food
4. Fruits and vegetables are _____ foods.
a) Protective b) Energy-giving c) Body-building
5. Which meal do we eat at night?
a) Breakfast b) Lunch c) Dinner

B. Fill in the Blanks

1. Food gives us _____ to work and play.
2. _____ makes the food soft and tasty.
3. Cooked food is easy to _____.
4. _____ and _____ are protective foods.
5. We should never _____ food.

C. True or False

1. All living things need food to live. _____
2. Cooking destroys the food. _____
3. Milk and eggs are body-building foods. _____
4. We should wash our hands before eating. _____
5. We should eat lots of junk food. _____

D. Short Answer Questions

1. Why do we need food? _____
2. What are energy-giving foods? _____
3. What are protective foods? _____
4. Write any two good food habits. _____
5. Name three food items we get from plants. _____