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Grade : II	Subject : EVS	Date : 09/07/2019
Name :	Practice Worksheet-I	Chapter No. : 2,3,4 & 5
Syllabus for PT –1 Ch-2 Food Ch- 3 Good Food Habits Ch- 4 Water Ch-5 Exercise and Recreation	Written Test: 20 Marks Date: 16/07/2019	Dictation: 15 Marks Ch-2,3 (12-07-19) Ch-4,5 (15-07-19) Project: 5 Marks (Ch-1 My Family) Notebook Submission: 10 Marks

Q1. Tick the correct options:

- Water helps us to _____ the food.
a) swallow () b) digest () c) undigest ()
- _____ is energy-giving food.
a) Pulses () b) Fruits () c) Rice ()
- Bits of food get stuck between our _____.
a) teeth () b) lungs () c) stomach ()
- _____ is the main source of water.
a) Pond () b) Rain () c) lake ()
- _____ is an interesting activity and it is also a form of recreation.
a) Hobby () b) Exercises () c) Celebration ()

Q2. Fill in the blanks-

- _____ and _____ are body-building food.
- If we eat too little food. We will become_____.
- We should not talk or _____ while eating.
- We must drink _____ glasses of water every day.
- Recreation and _____ are good for our body and mind.

Q3. Write two names:-

- Cereals _____, _____
- Protective Food _____, _____
- Vegetarian Food _____, _____

4. Source of water _____, _____

Q4. Match the following-

Sr. No.	Column A	Column B	Ans.
1.	moong	Indoor game	
2.	tube wells	hobby	
3.	chess	pulses	
4.	cricket	underground water	
5.	singing	Outdoor game	

Q5. Unscramble the words

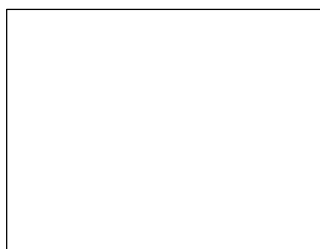
1. Plants give us _____ **ercelas** like wheat, rice and maize.
2. Protective foods prevent us from falling _____ **icsk**.
3. It is important to relax an _____ **errfseh** ourselves.
4. Potato is an _____ **neregy** giving food.

Q6. Draw and label the following

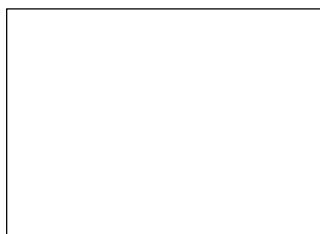
1. Two energy-giving food-



2. Two body-building food-



3. Two junk food-



Q7. Answer the following questions.

1. Why do we all need food?

Ans. _____

2. Why should we not buy food from the roadside vendors?

Ans. _____

3. Write two ways by which we can save water.

Ans. _____

4. What is meant by recreation?

Ans. _____

Q8. Draw a mind map of good food habits.

