

## UNIT -I FOOD AND HEALTH

CLASS : II

SUBJECT : EVS

### I. Fill Ups

1. We get honey from honeybee.
2. We get paneer from milk.
3. Millets are also a type of cereals.
4. We get oil from sunflower.
5. Healthy food helps us grow.

### II. True or false:

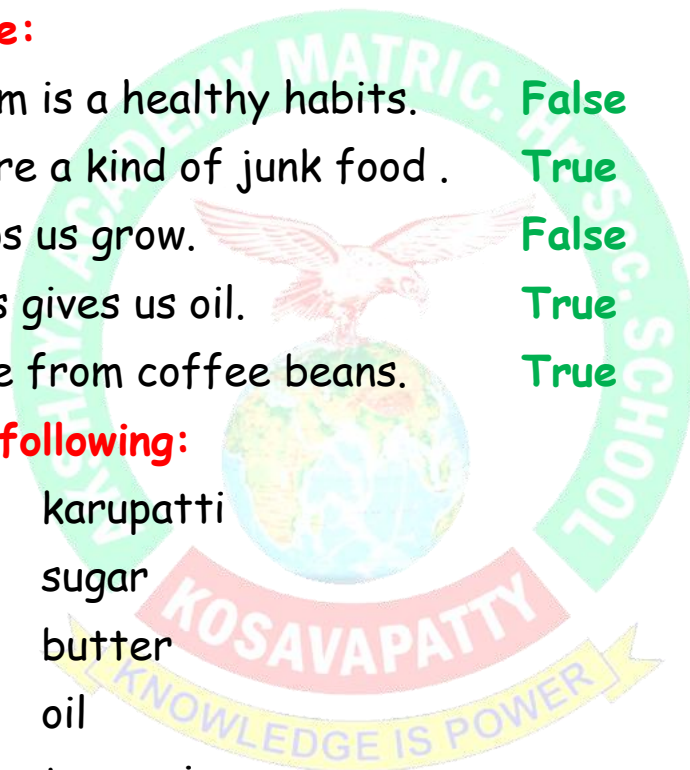
1. Eating ice cream is a healthy habits. **False**
2. Soft dringks are a kind of junk food . **True**
3. Junk food helps us grow. **False**
4. Seeds and nuts gives us oil. **True**
5. We get coffee from coffee beans. **True**

### III. Match the following:

1. Palm tree - karupatti
2. sugarcane - sugar
3. milk - butter
4. sunflower - oil
5. spices - termeric

### IV. Name the following: (any two)

1. Cereals - rice, corn
2. pulses - peas, double beans
3. milk - ghee, curd
4. vegetables - carrot, brinjal
5. fruits - pineapple
6. spices - clove, mustard



## V. Question and answers:

1. Where do we get from cereals and pulses?

We get cereals and pulses from plants.

2. What gives us oil?

Seeds and nuts gives us oil.

## V. Answer in detail:

1. Name five milk products.

- \* curd
- \* butter
- \* ghee
- \* paneer
- \* cheese

## BOOK BACK QUESTIONS

I. Find and circle the given words and name the pictures.

(Greens, Coffee bean, Sugar, Peas, Tea leaves, Ragi, Chilli, Clove)

The word search grid is as follows:

L	T	R	C	B	O	P
S	E	I	O	E	Z	E
P	A	F	F	R	X	A
L	L	P	F	A	S	S
C	E	C	E	G	C	G
H	A	S	E	I	L	R
I	V	U	B	T	O	E
L	E	G	E	E	V	E
L	S	A	A	A	E	N
I	P	R	N	J	A	S

Surrounding images and labels:

- CHILLI (top center)
- CLOVE (top left)
- PEAS (top right)
- GREENS (middle left)
- RAGI (middle right)
- COFFEE (bottom left)
- BEAN (bottom left)
- TEA LEAVES (bottom right)
- SUGAR (bottom center)

**II. Observe the pictures and write the names of the various food items.**




Curd Ghee Milk Egg Meat

**III. Write '1' for the foods that you can eat regularly, '2' for those you can have once in a while and '3' for those you should avoid.**

			
Athirasam <input type="text" value="2"/>	Nuts <input type="text" value="1"/>	Biscuits <input type="text" value="2"/>	Banana <input type="text" value="1"/>
			
Maida noodles <input type="text" value="3"/>	Eggs <input type="text" value="1"/>	Murukku <input type="text" value="2"/>	Chocolate <input type="text" value="3"/>

**IV. Find the hidden food items in the picture.**

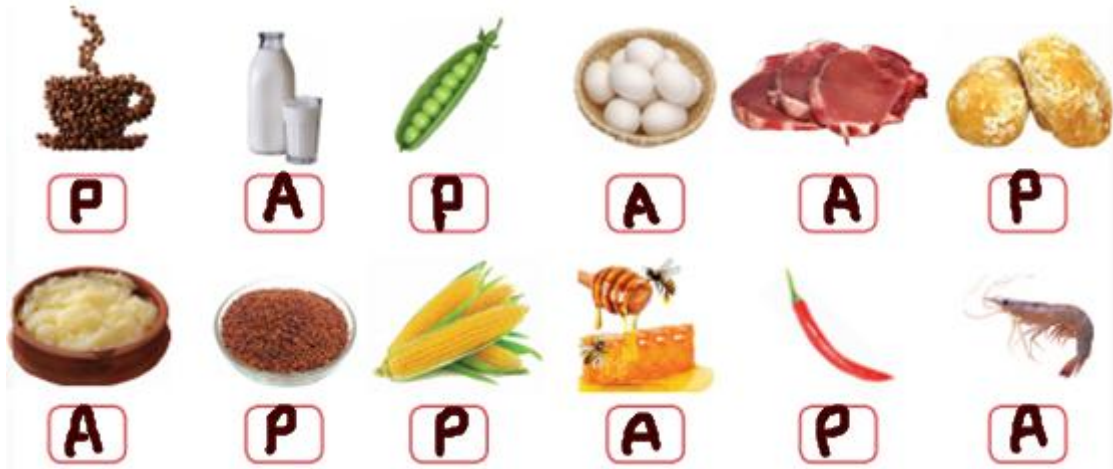


Healthy Food items

Junk Food items

## Evaluation

**I. Write 'P' for the food from plants and 'A' for the food from animals.**



**II. Circle every fourth letter and find me!**

e c f **j** l o c **a** p m n **g** r p m **g** r p o **e** v o c r **z** x o **y**

j	a	G	g	e	r	y
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**III. Choose the correct word and fill in the blanks.**

( Cow, paddy, honey bee, hen )

- a) We get  from paddy
- b) We get  from the Cow
- c) We get  from the Hen
- d) We get  from the honey bee

**IV. Tick (✓) the food items that keep us healthy.**

