

EVS Worksheet – Class 2



Name them:

1. Food that gives us energy - _____

2. Food that helps us to grow - _____

3. Food that protects us from diseases -

4. A complete food - _____

Match the following:

1. chips

fibre

2. milk

protective food

3. green leafy vegetables

energy-giving foods

4. spinach

soft food

5. little babies

South India

6. idli and dosa

junk food

7. Bread, potatoes and cereals

body-building food

Write True or False:

1. We get oil from plants.

2. Moong and channa are cereals.