

EVS Worksheet – Class 2

Fill in the blanks with the given words :

cheese
pulses

energy
curd

waste
diseases

seeds
cereals

fish

fibre

healthy

1. Pulses are _____ of plants.
2. We must eat food that contains _____ or roughage.
3. Food cooked at home is _____.
4. _____ and _____ are the milk products.
5. Food gives us _____ to work and play.
6. We should never _____ food.
7. _____ are also called body-building foods.
8. Vegetarians do not eat eggs, meat and _____.
9. Protective foods protect us from illnesses and _____.
10. Rice and wheat are called _____.

Why do we need food?
