EVS Worksheet – Class 2

Circle the items as per the instructions given

Body building foods – Blue

Protective foods - Red

Energy giving foods – Green

Eggs

Carrot

Fish

Cauliflower

Chicken

Apple

Rice

Bread

Butter

Spinach

Nuts

Why should we drink a lot of water?

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Who are non-vegetarians?

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Name four eatables made from milk.

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