

EVS Worksheet – Class 2



Write True or False:

- 1. We must drink about 6 to 8 glasses of clean water every day.**
- 2. We may eat anything at anytime.**
- 3. Nuts are not good for health.**
- 4. Healthy food includes pizza, samosa, chips etc.**
- 5. Water helps us to digest the food we eat.**
- 6. Food helps us to grow.**

Correct the following statements:

1. Old people eat plenty of food.

2. Burgers and pizzas are protective foods.

3. People who eat meat and fish are called vegetarians.

4. We must serve ourselves a lot of food and throw away what we don't eat.
