



Name: _____

Roll No.: _____ Std 2 Div: _____

Date: _____

1. Label these two pictures correctly as 'Junk Foods' and 'Healthy Foods'.

A



B



2. Observe the above pictures and answer the questions given below.

(a) Write the names of 3 food items shown in picture A.

(b) Write the names of 3 food items shown in picture B.

(c) If given a choice between food items from picture A and picture B, which food items will you prefer? Why?


3. Give 2 examples of each type of foods.


(a) Body-building foods: _____

(b) Energy-giving foods: _____

(c) Protective foods: _____


4. Name the food and write its source.

(a)  This is _____. We get it from _____.

(b)  This is _____. We get it from _____.

(c)  These are _____. We get them from _____.

(d)  This is _____. We get it from _____.

(e)  These are _____. We get them from _____.

5. Fill in the blanks with the correct options.

(Energy, Paneer, Water, Meals, Sugar)

(a) _____ helps us in body-building.

(b) Potato is an _____ giving food.

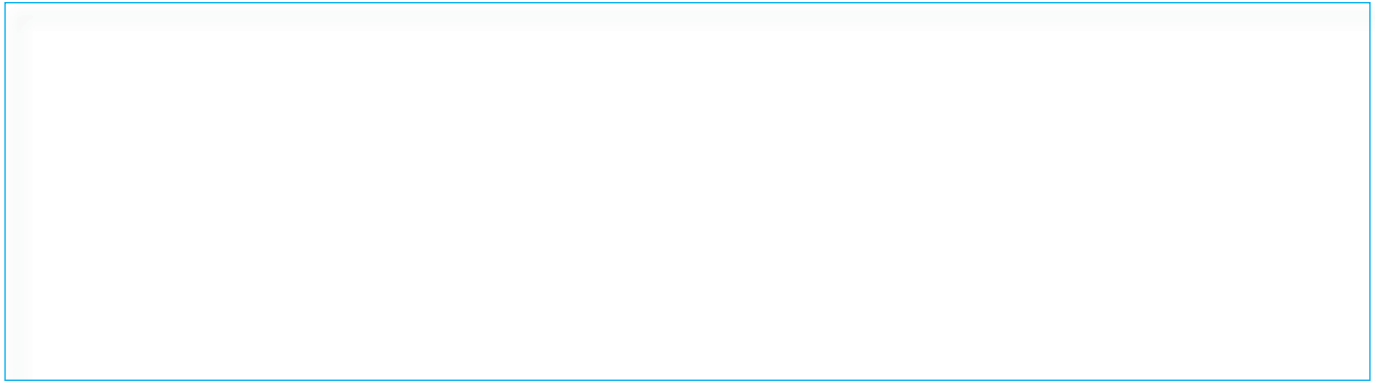
(c) We get _____ from sugarcane.

(d) We must drink enough _____.

(e) We should not skip our _____.

6. Name your favourite food. Draw and colour it. Write why you like it.

My favourite food is _____.



I like it because _____

7. Match the following.

A	B
(a) Energy giving foods	(i) make your bones and teeth strong
(b) Protective foods	(ii) should be taken in very small amounts
(c) Body-building foods	(iii) eat them raw, as much as you can
(d) Dairy products	(iv) give energy for daily activities
(e) Sweets	(v) help us grow taller and stronger

Answer: (a) – ____, (b) – ____, (c) – ____, (d) – ____, (e) – ____.

8. Write these foods in the correct columns.

(chips, cake, papad, vada, rice, nuts, cookies, eggs, popcorn, soup, muffins, chapati, french fries, pizza, sweetcorn, dosa)

Fried	Roasted	Baked	Boiled

9. Write 'Yes' for a good habit and 'No' for a bad habit.

(a)



(b)



(c)



(d)



(e)



(f)



10. Name any food item that you ate in your breakfast or lunch. Mention any 3 ingredients. Was it healthy?

Self-assessment

✓ the picture that shows how you worked today.

I liked doing this work.



yes



so-so



no

I found this work easy.



yes



so-so



no

Teacher's remark:

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