

Lesson No:

Sub:- EVS

IInd Standard.

Topic:- Varieties of food.

I Match the following:-

- ① Wheat → grains
- ② Cabbage → vegetables
- ③ Coriander → green
- ④ Cherries → fruit
- ⑤ Black pepper → seed.

II Fill in the blanks:-

- ① Milk is good for our eyes, skin, bones and teeth.
- ② Kerala is known as a land of spices.
- ③ We get energy to work from food.
- ④ Greens makes you very strong.
- ⑤ We need food for the growth of the body.

III Answer the following question:-

- ① Write the food items you get from plants?

Ans:- Food items you get from plants are.
Vegetables, fruits, grains, cereals and pulses etc.

②. Write the food items you get from animals.

Ans:- The food items you get from animals.

Milk, Meat, Egg, fish, Crab:-

③ Name food items which you eat raw:

Ans:- Food items which you eat raw.

Tomato, Cucumber, Carrot, Beetroot,
Onion.

④ Name food items which you eat cooked.

Ans:- Rice, Brinjal, pumpkin, green gram, Meat.

