

# St. Andrews Scots School

I.P. Extension, Patparganj, Delhi- 92

Session: 2025-2026

Class: II Sub: EVS

## Lesson -4. Our Food

### New Words

1. healthy
2. vegetarian
3. energy
4. protective
5. meal
6. hawkers
7. plenty
8. habits
9. junk
10. grow

### Fill in the blanks-

1. Food gives us **energy**.
2. We get food from **plants** and **animals**.
3. We get **milk** and **eggs** from animals.
4. Healthy food protects us from **diseases**.
5. We must avoid **junk food**.

### Question and Answer

Q1 Why do we need food ?

Ans. We need food because-

- i) It gives us energy to work and play.
- ii) It helps us to grow.
- iii) It keeps us healthy and strong.

Q2 What is protective food?

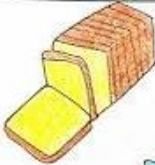
















Ans. Food that protects us from diseases is called protective food. e.g. spinach , papaya.

Q3 Write any two good food habits.

Ans. Two good food habits are-

- i) Eat fresh and clean food.
- ii) Chew your food well.

# Picture Drawing

TYPES OF FOOD		
ENERGY GIVING FOOD	BODY BUILDING FOOD	PROTECTIVE FOOD
 BREAD  RICE  SUGAR  POTATO	 EGG  FISH  MILK  PULSES	 APPLE  PEAR  ORANGE FRUITS  CARROT  PEAS  TOMATO VEGETABLES  ALMOND  CASHEW  WALNUT NUTS