St. Andrews Scots School

Adjacent Navniti Apartments

I.P. Extension Patparganj, Delhi- 92

Session: 2026-2027

Class: II Sub: EVS

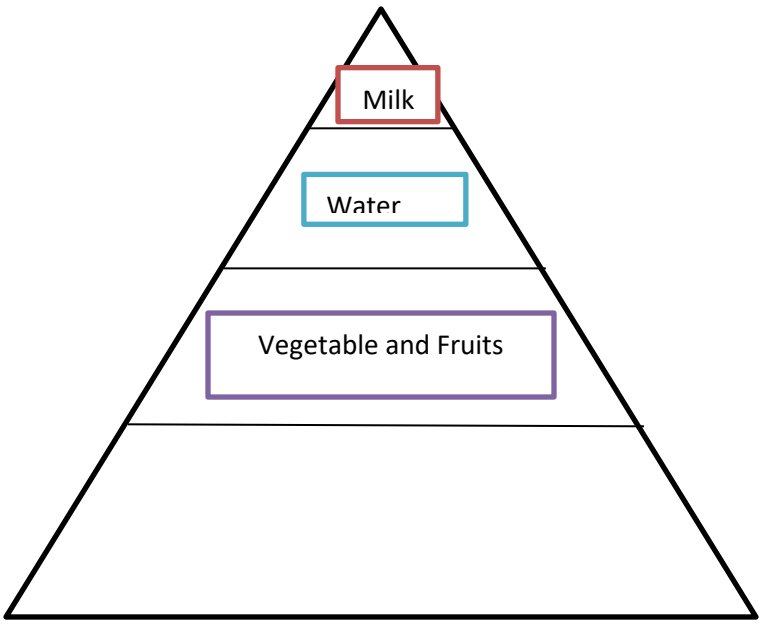
L-14 (Good food habits)

New Words

1. **vendors**
2. **germs**
3. **refrigerator**
4. **nutritious**
5. **rinse**
6. **meal**
7. **roadside**
8. **stale**
9. **precious**
10. **overeat**

WEBCHART

BALANCED DIET CHART

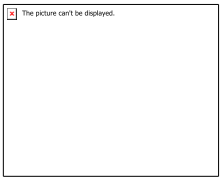


Cereals and Pulses

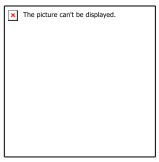
1. Healthy food



fruits



vegetables



milk



rice

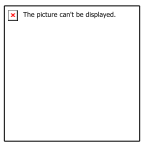
2. Junk food



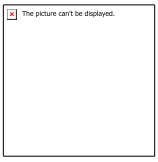
pizza



chocolate



burger



icecream

QUESTION/ANSWER

Q1. Why should we eat a balanced diet?

A1. We should eat a balanced diet because –

(a) It helps us to grow.

(b) It gives us energy to work and play.

(c) It protects us from diseases.

Q2. Write two good food habits.

A2. **(a) We should eat food at fixed time.**

(b) We should eat clean and fresh food.