

C.A.E.H.S Science Revision(Class 2),2020-Primary sec

Tick the correct option and short answer type questions

1. 1) Which type of food gives us energy to work and play?

Mark only one oval.

- a) Junk food
- b) Body-building food
- c) Energy-giving food
- d) Protective food

2. 2) What does uncovered food items do to our body?

Mark only one oval.

- a) It makes us healthy
- b) It makes us sick
- c) It makes us weak
- d) It makes us strong

3. 3) Which food protects us from diseases?

Mark only one oval.

- a) Meat
- b) Wheat
- c) Apple
- d) Fish

4. 4) How many glasses of water should we drink everyday?

Mark only one oval.

- a) 5-7 glasses
- b) 6-8 glasses
- c) 9-11 glasses
- d) 8-10 glasses

5. 5) Which food makes our bones and muscles strong?

Mark only one oval.

- a) Rice
- b) Milk
- c) Dal
- d) Vegetables

6. 6) What should we do before and after eating food?

Mark only one oval.

- a) Wash hands
- b) Exercise
- c) Watch T.V
- d) Dance

7. 7) Which is the body-building food here?

Mark only one oval.

- a) Jaggery
- b) Potato
- c) Butter
- d) Eggs

8. 8) What is a balanced diet?

Ans)

9. 9) Why do we need food?

Ans)

10. 10) Why should we follow good eating habits?

Ans)

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