

Class- II
Subject – Science
Chapter –5- FOOD
CHT question- day-4
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Class: II
Subject: Elementary Science
Chapter 5 – Food

Time: 45 minutes

Marks: 20

- 1. Fill in the blanks with appropriate words:** **1×5=5**
- i. ____ is one of our basic needs.
 - ii. Food helps us to ____ diseases.
 - iii. ____ helps us to digest food.
 - iv. You must never miss your ____.
 - v. We should eat fresh and ____ food.
- 2. Identify true or false from the following statements and write down on your answer script:** **1×5=5**
- i. Food is not our basic need.
 - ii. Food gives us energy to work and play.
 - iii. Food doesn't keep us healthy.
 - iv. We should miss our breakfast.
 - v. Brushing removes food particles stuck in our teeth.
- 3. Answer the following questions in one word:** **1×5=5**
- a. What gives us energy to work?
 - b. Which foods build our bones and muscles?
 - c. Which food helps us to fight diseases?
 - d. What helps us to digest food?
 - e. How many glasses of milk should we drink every day?
- 4. Answer the following questions in short:** **2.5×2=5**
- a. What is balanced diet?
 - b. Why are protective foods necessary for us?