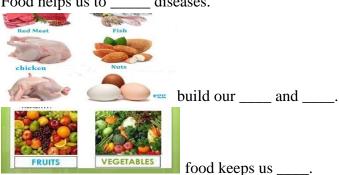
Class- II
Subject – Science
Chapter –5- FOOD
Work sheet- lecture-1- day-1
Prepared by- Sadia Binta Basher
Science (main campus)
Date- 19/05/2020

iv.

v.

1. Fill in the blanks with appropriate words:

- i. ____ is one of our basic needs.
- ii. We need food for growing and ____.
- iii. Food helps us to _____ diseases.



vi. ____ helps us to digest food.

2. Identify true or false from the following statements and write down on your answer script:



- i. is not our basic need.
- ii. Food gives us energy to work and play.
- iii. We eat only one type food.
- iv. Food can be divided into three main groups.
- v. Food doesn't keep us healthy.

3. Choose the correct answer from the given options and write down on your answer script:

- i. Food can be divided into ____ main groups.
 - a. 4
- b. 5
- c. 3
- d. 2
- ii. Which one is not body building food?
 - a. Milk
- b. Fish
- c. Egg
- d. Rice

Class- II
Subject – Science
Chapter –5- FOOD
Work sheet- lecture-1- day-1
Prepared by- Sadia Binta Basher
Science (main campus)
Date- 19/05/2020

- iii. Which foods give us energy to work and play?
 - a. Body-building foods b. Energy-giving foods c. Protective foods d. None of them

d. All of them.

- iv. Which one is energy-giving food?
 - a. Rice b. Sugar c. Butter
- v. At least how many glasses of water is needed daily to keep us strong?
 - a. Four b. Two c. Ten d. Eight

4. Answer the following questions in one word:

- 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?

5. Answer the following questions in short:

- a. What is balanced diet?
- b. Why are protective foods necessary for us?

6. Answer the following questions in brief:

a) Why is water essential for us?