

Class- Two

Lesson – 9

Food

Food--- Something that people and animals eat or plants absorb, to keep them alive.

Source of food----

Plants—fruits, vegetables, grains.

Animals—meat, eggs, milk.

Importance of food--- food is very important , because it provides people energy for activity, growth and good health. Without taking balanced food we cannot live well.

There are six main classes of food-----

Protein. --- meat, fish, egg, beans.

Carbohydrates.--- rice, bread,

Fats.--- oil, ghee, butter,

Vitamins.---fresh vegetables, fruits.

Minerals.---yogurt, cheese.

Water.--- water.

Answer the following questions :

a) Why do we need to take food?

Ans : We need to take food to keep our body healthy and active.

b) Write the name of five vegetables.

**Ans: The names of five vegetables are: Potato,
Brinjal,
Tomato,
Carrot,
Cabbage.**

Fill in the blanks:

a) To keep our body healthy and active we eat food.

b) Meat and fish are protein food.

c) We get fruits from plants.