

Class- II  
Subject – Science  
Chapter – 5- FOOD  
Answer sheet- 2, Day-2  
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**1. Answer the following questions in one word:**

- a. Food.
- b. Body-building foods.
- c. Protective foods.
- d. Water.
- e. Two.
- f. Two.

**2. Answer the following questions in short:**

- a. Balanced diet means the intake of right amount of foods from all groups.
- b. Protective foods are necessary because these foods help us to fight diseases.  
They keep us healthy.
- c. We should not eat junk food because it is unhealthy.
- d. We need healthy teeth to chew the food properly.