

Class- II  
Subject – Science  
Chapter –5- FOOD  
Revision sheet-2- day-2  
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**1. 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?
- e. How many glasses of milk should we drink every day?
- f. How many times should we brush our teeth in a day?

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

- a. What is balanced diet?
- b. Why are protective foods necessary for us?
- c. Why should not we eat junk food?
- d. Why do we need healthy teeth?