

Class- II
Subject – Science
Chapter –5- FOOD
Revision sheet-1- day-1
Prepared by- Sadia Binta Basher
Science (main campus)
Date- 12/08/2020

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.
- iv. Body building foods build our bones and ____.
- v. Protective foods keep us ____.
- vi. ____ helps us to digest food.
- vii. You must never miss your ____.
- viii. We should eat fresh and ____ food.
- ix. We must ____ our teeth.

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




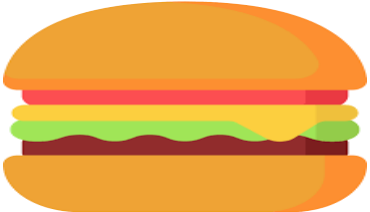
- i. Food is not our basic need.
- ii. Food gives us energy to work and play.
- iii. We eat only one type food.
- iv. Food can be divided into three main groups.
- v. Food doesn't keep us healthy.
- vi. We should talk during eating.
- vii. We should not eat burgers.
- viii. We should brush our teeth at least twice a day.
- ix. We should miss our breakfast.
- x. Brushing removes food particles stuck in our teeth.

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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
- iii. Which one gives us energy to work and play?
a. Body-building foods b. Energy-giving foods c. Protective foods d. None of them
- iv. Which one is energy-giving food?
a. Rice b. Sugar c. Butter d. All of them.
- v. At least how many glasses of water is needed daily to keep us strong?
a. Four b. Two c. Ten d. Eight
- vi. How many glasses of milk, should we drink daily?
a. Five b. Two c. Seven d. None
- vii. Which one should not be eaten by us?
a. Sugar b. Butter c. Milk d. Burger

4. Match the column A with the column B and write down on your answer script:

Column A	Column B
<p>1</p> 	<p>Twice a day</p>
<p>2</p> 	<p>Junk food</p>
<p>3</p> 	<p>Four glasses daily</p>
<p>4</p> 	<p>Balanced diet</p>