

Worksheet
Class- II EVS–Food We Eat

Read the following statements carefully. Write *True* for the correct statement and *False* for the incorrect statement.

1. It is healthy to eat food from roadside shops.
2. We need food to live and grow.
3. We should not waste food.
4. A person who eats eggs and meat is a vegetarian.
5. We eat breakfast at night.
6. A balanced diet includes food from each food group.
7. It is not important to rinse our mouth after meals.
8. Milk makes our bones and teeth strong.
9. We should drink 6-8 glasses of water everyday.
10. We should not chew our food.
11. Fruits and vegetables are body building food.
12. We should wash our hands before and after meals.
13. Overeating makes us healthy.
14. We should not drink boiled or filtered water.
15. We eat some vegetables raw.
16. Food that gives us energy is called energy giving food.

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Answers

1. False
2. True
3. True
4. False
5. False
6. True
7. False
8. True
9. True
10. False
11. False
12. True
13. False
14. False
15. True
16. True