

**Worksheet**  
**Class- II EVS–Food We Eat**

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**Write two examples for each of the following:**

1. Nuts		
2. Spices		
3. Pulses		
4. Grains		
5. Non- Vegetarian foods		
6. Vegetables		
7. Milk products		
8. Vegetarian foods		
9. Fruits		
10. Fast Food		
11. Bodybuilding foods		
12. Protective foods		

**Worksheet**  
**Class- II EVS–Food We Eat**  
**Answers**

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1. Almond, Cashew nut
2. Turmeric, Cardamom
3. Chickpea, Kidney beans
4. Maize, Oats
5. Meat, Eggs
6. Cabbage, Cauliflower
7. Butter, Cheese
8. Milk, Fruits
9. Mango, Orange
10. Pizza, Burger
11. Pulses, Milk
12. Fruits, vegetables