



Evs

Chapter:2

:-Answer the following question

Q1) Why should we eat food?

Ans: We should eat food to grow ,to stay healthy and strong ,to get energy and also to fight against diseases.

Q2) Write the names of two protective food items. How do they help us?

Ans: Two protective food items are:-

Fruits and vegetables. They keep us healthy and prevents us from falling sick.

Q3) What is a balanced diet?

Ans: When we eat different kinds of food in the right amount, it is called a balanced diet.

Q4) Write any three healthy eating habits :

Ans: I) Wash your hands before and after every meal.

ii) Eat only fresh and clean food .

iii) Never waste food.

W O R K

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H O M E

***Homework:-**

**Learn and practice. Q.no :-
F(activity) do in copy.**