

# INTERNATIONAL INDIAN SCHOOL BURAI DAH

Worksheet for the Academic Year 2026-27

CLASS: 2

SUBJECT: EVS

DATE: \_\_\_\_\_

## Ch# 4 Food for Health

### A. Fill in the blanks.

1. We should drink \_\_\_\_\_ glasses of water in a day.
2. \_\_\_\_\_ can be eaten raw.
3. We must avoid \_\_\_\_\_ food.
4. Lunch is eaten in the \_\_\_\_\_.
5. \_\_\_\_\_ eat only plant products.

### B. Unjumble the names of these spices and fruits and write them in the boxes.

HILLCY



1.

OEVL



2.

PPREPE



3.

HILLCY



4.

REHCRY



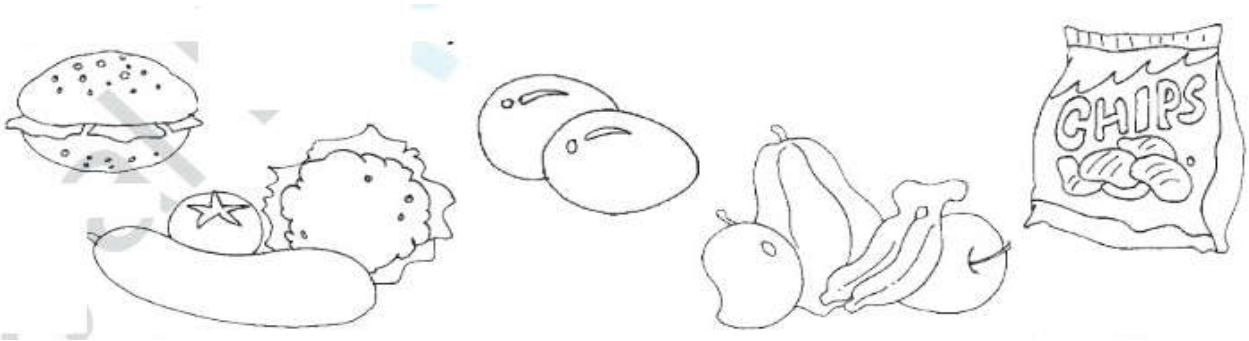
5.

VAGUA



6.

### C. Colour the food items that are healthy to eat.



### D. Answer in brief.

Q1. Why must we drink water?

Ans:- \_\_\_\_\_

\_\_\_\_\_