



LITTERA PUBLIC SCHOOL

SCIENCE

CHAPTER 5

CLASS II

FOOD WE EAT

Difficult words

healthy	quantities
strong	energy
diseases	building
protective	muscles
protect	diet
balanced	cucumber

Answer the following questions.

1. What are the three groups the food can be divided into?

Ans. The three groups are –

- Energy -giving food
- Protective food
- Body building food

2. Why do we need to eat fruits and vegetables?

Ans. Fruits and vegetables are protective food. They protect us from various diseases.

3. From where do we get food?

Ans. We get food from plants and animals.

4. Name two energy giving foods.

Ans. Two energy giving foods are- i. Rice ii. Bread

5. What is a balanced diet?

Ans. A diet which contains food from all three groups in right amount is called balanced diet.

