



Little Rose Academy



Address: Model town



CLASS 2ND



SUBJECT

E.V.S

WORKSHEET



Name :

Class :

Section :

Roll No. :

Teacher's Name :



Explore • Learn • Grow



Little Rose Academy

Address: Model town

Class
2ND

E.V.S WORKSHEET

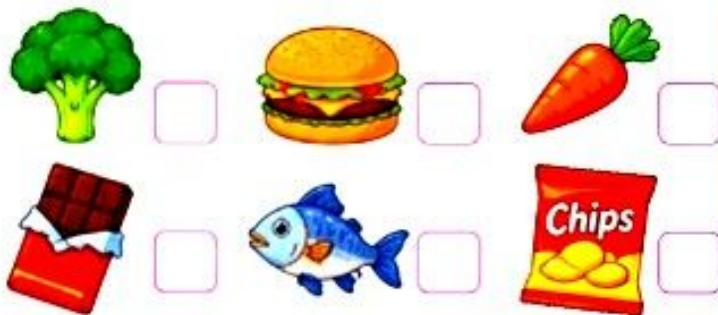
Topic: Healthy Food

Name: _____ Class: _____ Date: _____

A. Write the names of the following.

-  _____
-  _____
-  _____
-  _____
-  _____
-  _____

B. Tick (✓) the healthy food.



C. Circle the correct word.

- We should eat (**junk food** / healthy food).
- Fruits give us (**energy** / sleep).
- Milk makes our bones (**weak** / strong).
- Vegetables help us to (**run** / grow).

D. Fill in the blanks.

- Fruits are good for our _____.
- We should drink _____ every day.
- Carrots help us to see in the _____.
- We should eat _____ food.

E. Match the following.

- | | | | |
|------------|---|---|----------------------|
| 1. Milk | • |  | • Keeps us healthy |
| 2. Apple | • |  | • Gives us energy |
| 3. Spinach | • |  | • Makes bones strong |
| 4. Eggs | • |  | • Helps us grow |

F. Draw and colour your favourite healthy food.



Eat healthy, Stay healthy, Be happy!



Little Rose Academy



Address: **Model Town**

Class: **2ND**

Topic: **Healthy food**

WORK SHEET

1. Look at the pictures and circle the healthy foods.



2. Match the food to the correct group.



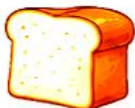
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Fruits



Vegetables



Grains



Protein



Dairy



3. Fill in the blanks.

a) Fruits keep us _____.



b) Vegetables make our body _____.



c) Milk and milk products make our bones _____.



d) We should drink lots of _____ water every day.



e) Junk food can make us _____.



Eat Healthy, Stay Healthy! ♥



Drink
Water
Stay
Healthy!