

ASSIGNMENT

STD 2

EVS

MY NEEDS-FOOD WE EAT (CH3)

ANSWER THE FOLLOWING QUESTIONS

Q1.What is a balanced diet?

Ans) A diet which contains all the nutrients in the right amount is called a balanced diet.

Q2.Why is water important for us?

Ans. Water plays an important role .It maintains the temperature of the body. It protects the joints etc.

Q3.How does the food pyramid help us?

Ans.It helps us to understand the various food groups.