

Assignment

Std 2 E.V.S (Ch 3)

My Needs-Food We Eat

I. Answer the following questions :

1. Name the three types of food?

ans. The three types of food are

i. Body building food

ii. Energy giving food

iii. Protective food

2. What are protective food?

Ans. Vegetables and fruits keep us healthy and fit. They prevent us from falling sick. They are called protective food.

3. Why do we need fibre? Give examples.

Ans. We need fibre in our food as it helps us to digest our food properly . For eg. grains, pulses, vegetables and fruits.