

Food and Good Habits

Science · Class 2 · Topic-wise Practice Worksheet

TIME 35 minutes	QUESTIONS 15	TOTAL MARKS 18	MAX. SCORE ___ / 18
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Name: _____ Class/Sec: _____ Date: _____

INSTRUCTIONS

- There are **15 questions**. Answer all of them.
- Each question has four choices — (A), (B), (C) and (D). Only **one** is correct.
- Questions 1–12 carry **1 mark** each. Questions 13–15 carry **2 marks** each.
- There is no negative marking. Look at every picture and table carefully.

Section A — The Food We Need

Q1–Q8 · 1 mark each

- Foods such as rice, chapati and potato give us _____.
 (A) Energy (B) Bones
 (C) Water (D) Colour
- Foods such as milk, eggs and dal help us to _____.
 (A) Feel cold (B) Grow and build our body
 (C) See in the dark (D) Run faster only
- Fruits and vegetables protect us from illness. They are called _____ foods.
 (A) Energy-giving (B) Body-building
 (C) Fried (D) Protective
- A meal that has a little of every kind of food is called a _____ diet.
 (A) Balanced (B) Sweet
 (C) Fried (D) Cold
- Which of these should we eat only **once in a while**?
 (A) Fresh fruit (B) Chips and cold drinks
 (C) Vegetables (D) Dal and rice
- Which of these gives us **milk**?
 (A) Hen (B) Fish
 (C) Cow (D) Bee
- Why should we wash fruits before eating them?
 (A) To make them cold (B) To make them soft
 (C) To make them sweeter (D) To remove dirt and germs from the skin

8. Which of these is a **good** habit at meal times?

- (A) Chewing food well before swallowing (B) Talking with a full mouth
(C) Eating very fast (D) Eating with dirty hands

Section B — Staying Healthy

Q9–Q12 · 1 mark each

9. In the table below, which row is **wrongly** matched?

Row	Food	Where it comes from
(A)	Honey	Bees
(B)	Egg	Hen
(C)	Rice	Cow
(D)	Apple	Tree

Table 9.1

- (A) Row (A) (B) Row (B)
(C) Row (C) (D) Row (D)

10. Why should we cover cooked food?

- (A) To keep it warm only (B) To keep flies, dust and germs away
(C) To make it look nice (D) To make it heavier

11. Which of these keeps our body clean and free from germs?

- (A) Sharing a comb with everyone (B) Wearing dirty clothes
(C) Taking a bath daily and washing hands with soap (D) Never cutting our nails

12. Milk that has been kept out of the fridge for two days smells bad. We should _____.

- (A) Drink it quickly (B) Keep it for another day
(C) Add sugar and drink it (D) Throw it away, because spoilt food can make us ill

Achievers Section

Q13–Q15 · 2 marks each

13. Rita's lunch is rice, chapati and boiled potato. What should she add to make her meal balanced?

- (A) Dal and a green vegetable (B) More rice
(C) A second chapati (D) A sweet

14. Why do we feel thirsty after playing outside on a hot day?

- (A) Because we have eaten too much (B) Because the body has lost water as sweat
(C) Because the air is dry (D) Because our clothes are hot

15. Which of these correctly matches a food with the job it does in our body?

(A) Chapati — builds the body

(B) Egg — gives energy only

(C) Orange — protects us from illness

(D) Butter — protects us from germs

Answer Key

1	A	2	B	3	D	4	A	5	B
6	C	7	D	8	A	9	C	10	B
11	C	12	D	13	A	14	B	15	C

Solutions

1. **Answer: (A)** Energy
Rice, chapati and potato are energy-giving foods. They give us the strength to run, play and work.
2. **Answer: (B)** Grow and build our body
Milk, eggs, dal, fish and nuts are body-building foods. They help us **grow and build our body** and repair injured parts.
3. **Answer: (D)** Protective
Fruits and vegetables are **protective** foods. They give us vitamins and minerals that keep us from falling ill.
4. **Answer: (A)** Balanced
A **balanced** diet has the right amount of energy-giving, body-building and protective foods, so the body gets everything it needs.
5. **Answer: (B)** Chips and cold drinks
Chips and cold drinks are junk food. They have a lot of sugar, salt and oil but very little goodness, so they should be eaten only rarely.
6. **Answer: (C)** Cow
A **cow** gives milk, and so do buffaloes and goats. Hens give eggs and bees give honey.
7. **Answer: (D)** To remove dirt and germs from the skin
Fruits pick up dust, germs and traces of chemicals while growing and being carried to the shop. Washing **removes dirt and germs from the skin** so we do not swallow them.
8. **Answer: (A)** Chewing food well before swallowing
Chewing food well breaks it into small pieces and mixes it with saliva, which makes it much easier to digest.
9. **Answer: (C)** Row (C)
Rice comes from a **plant** grown in fields, not from a cow. The other three rows are matched correctly.
10. **Answer: (B)** To keep flies, dust and germs away
Flies carry germs on their legs and land on uncovered food. Covering it **keeps flies, dust and germs away** so the food stays safe to eat.
11. **Answer: (C)** Taking a bath daily and washing hands with soap
Taking a bath daily and washing hands with soap removes dirt, sweat and germs. The other three habits actually help germs spread.
12. **Answer: (D)** Throw it away, because spoilt food can make us ill
A bad smell shows that germs have grown in the milk. We must **throw it away, because spoilt food can make us ill** with stomach pain and vomiting.
13. **Answer: (A)** Dal and a green vegetable
Rice, chapati and potato are all energy-giving foods, so her meal already has plenty of energy but no body-building or protective food. Adding **dal and a green vegetable** supplies both. Every other choice only adds more energy food.

14. Answer: (B) Because the body has lost water as sweat

While playing, the body cools itself by making sweat, which is mostly water. Feeling thirsty is the body's way of telling us to replace the water it has lost, so we must drink plenty.

15. Answer: (C) Orange — protects us from illness

An **orange** is rich in vitamins, so it is a protective food that keeps us from falling ill. Chapati gives energy, an egg builds the body and butter gives energy — so the other three are matched wrongly.