

Class II - Eya worksheet

Lesson Our food habits

Write true or false

1. We get food from plants and animals. (_____)
2. People who do not eat meat and eggs are called non-vegetarians. (_____)
3. Water helps us to digest the food we eat. (_____)
4. Junk food is good for our health. _____
5. Protective foods prevent us falling ill. (_____)
6. We should chew our food properly. (_____)
7. Eat food at proper intervals. (_____)

Underline the correct word

1. (Vegetarians / Non-vegetarians) eat fish and eggs.
2. (Milk / Egg) makes our teeth and bones strong.
3. We get meat and milk from (plants / animals).
4. (Cucumber / Brinjal) can be eaten raw.

Match the following

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|------------------------|---------------------|
| 1. Burger and chowmein | From street vendors |
| 2. Don't buy food | junk food |
| 3. Healthy skin | white eating |
| 4. Don't talk | while |