

PRAYER  
TIME



**SESSION : 1**

**CLASS : 2**

**SUBJECT : EVS**

**CHAPTER NUMBER: 3**

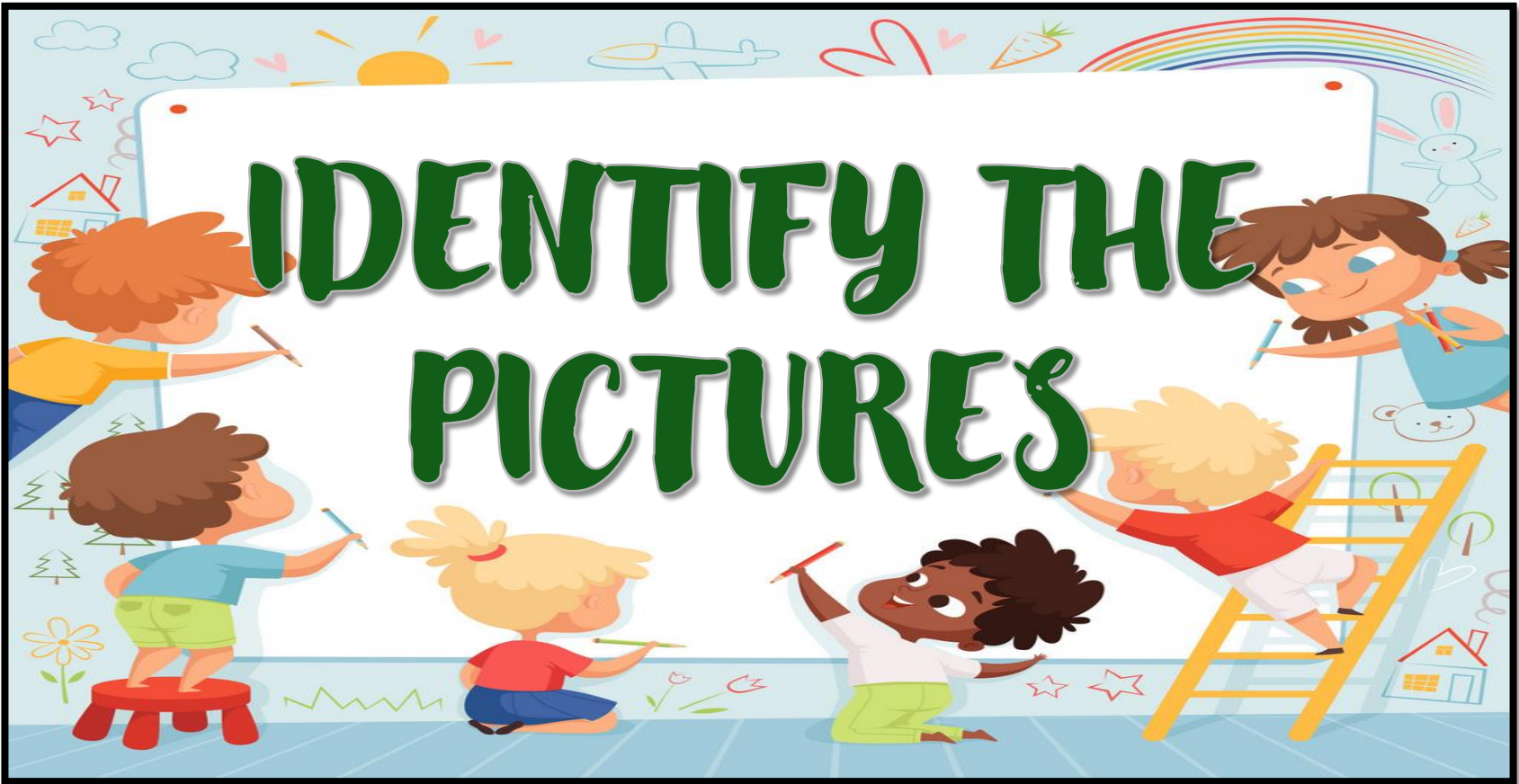
**CHAPTER NAME : MY BODY NEEDS FOOD**

**SUB TOPIC : INTRODUCTION AND IMPORTANCE OF  
FOOD, FOOD FROM PLANTS AND ANIMALS**

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**CHANGING YOUR TOMORROW**

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**APPLE**



**BRINJAL**

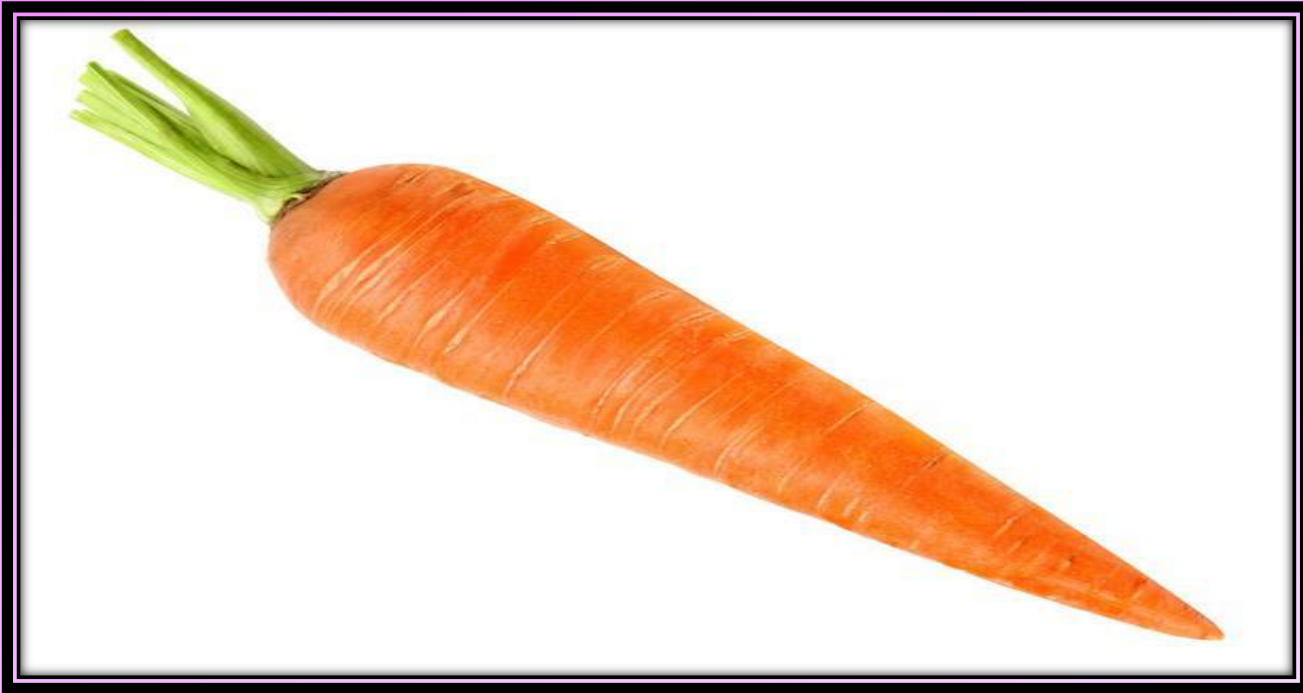


**FISH**





**MANGOES**



**CARROT**

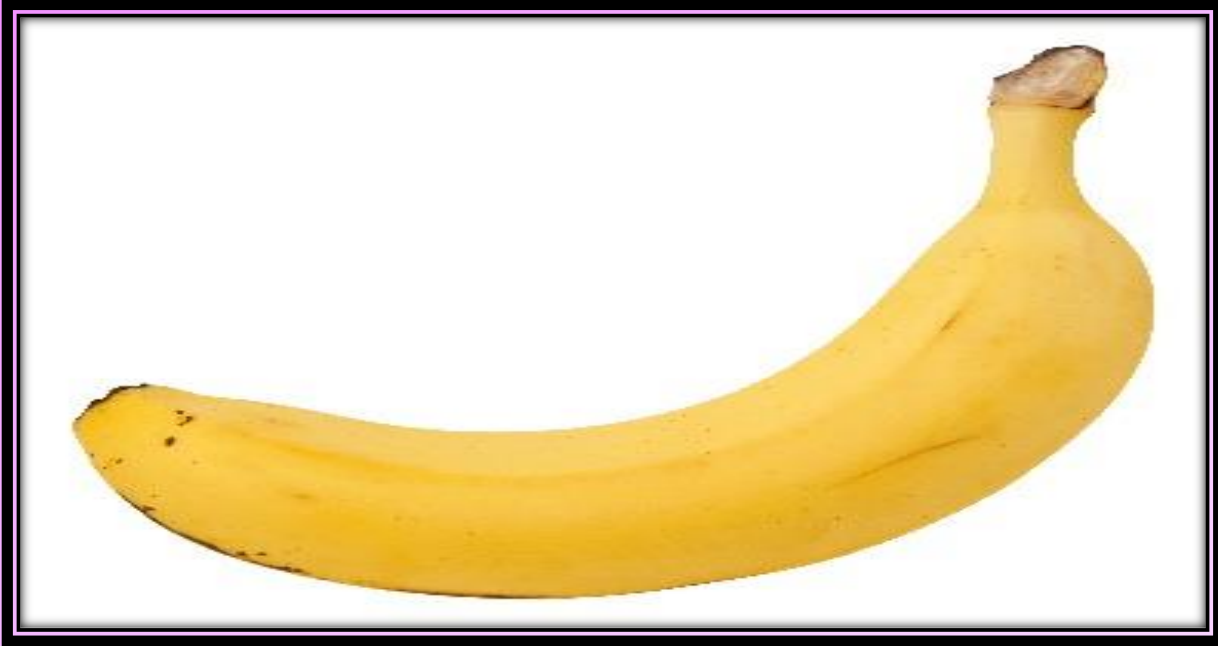




**MILK**



**POTATO**



**BANANA**



**MY BODY NEEDS FOOD**

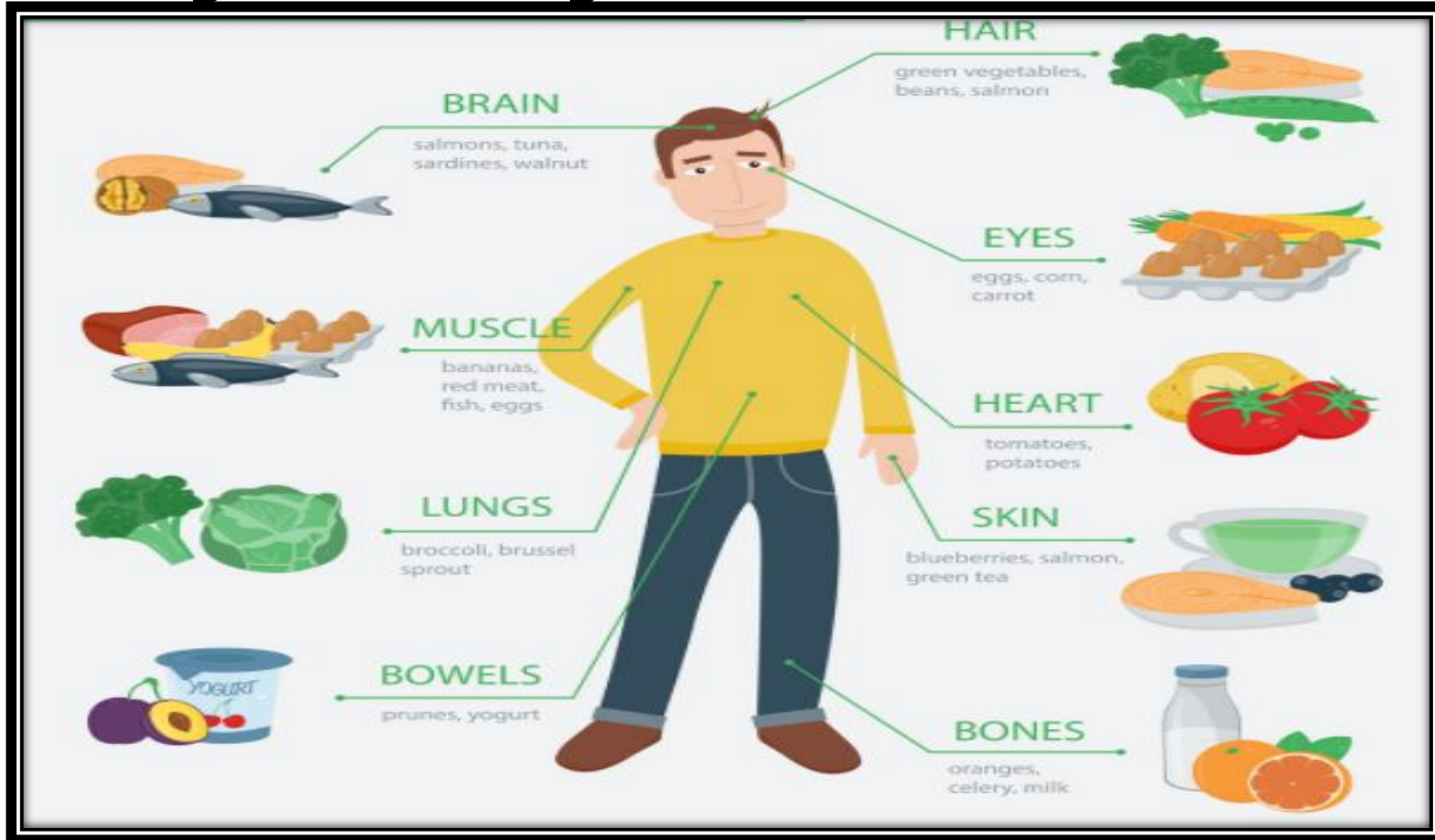
# LEARNING OBJECTIVES:-

- ❖ Be able to know about the importance of food and sources of food.





# My Body Needs Food



# Importance of Food

Energy



Work and Play



# Sources of Food

## Foods from Plants

Watermelon



Passionfruit Pepper



Banana



Peach



Pear



Mango



Apple



Grapes



Plum



## Foods from Animals



meat



chicken



fish



cheese

# FOOD FROM PLANTS :-

## Fruits



## Vegetables



## Pulses



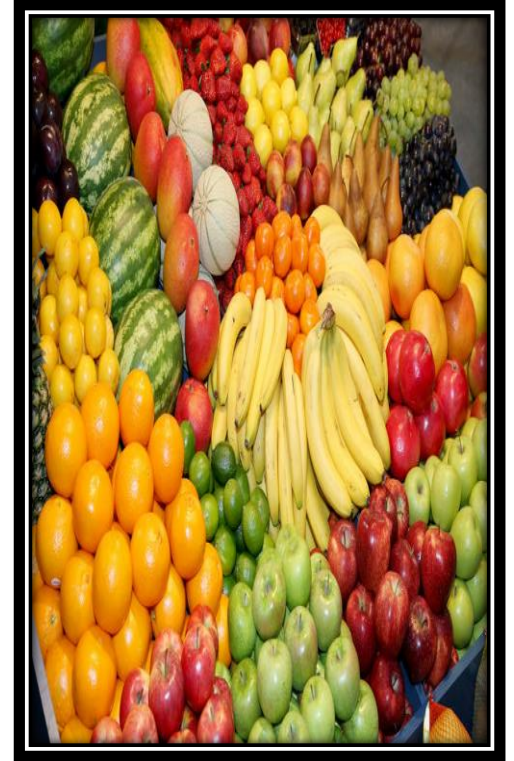
## Grains





# FOOD FROM PLANTS:-

- ❖ Plants give us different types of food.
- ❖ We get fruits, vegetables, grains and pulses from plants.
- ❖ We should take care of plants.





# FOOD FROM ANIMALS :-

## ANIMAL



meat



chicken



fish

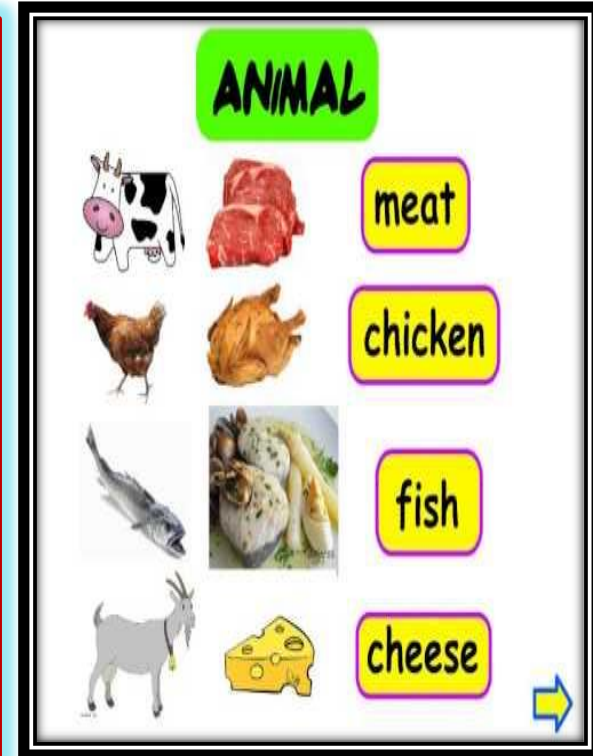


cheese



# FOOD FROM ANIMALS:-

- ❖ Animals also give us food.
- ❖ We get milk, curd, ghee, fish, eggs and meat from animals.
- ❖ Foods that we get from animals are called animal products.



# NOTES:-

- 1. We get food both from plants and animals.**
- 2. We get fruits, vegetables, pulses and grains from plants.**
- 3. We get fish, milk, chicken and egg from animals.**
- 4. Milk is a complete food.**



# LEARNING OUTCOME:-

Students will come to know about:-

- ❖ Importance of food
- ❖ Sources of food



# DIARY WORK :-

CW → Importance of food and sources of food.

HW → Draw and colour your favourite fruit and vegetable one from each in notebook.





**THANKING YOU**  
**ODM EDUCATIONAL GROUP**