

PRAYER  
TIME



**SESSION : 3**

**CLASS : 2**

**SUBJECT : EVS**

**CHAPTER NUMBER: 3**

**CHAPTER NAME : MY BODY NEEDS FOOD**

**SUB TOPIC : NEW WORDS AND WRITE TRUE OR FALSE**

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**CHANGING YOUR TOMORROW**

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**MY BODY NEEDS FOOD**

# LEARNING OBJECTIVES:-

- ❖ Be able to know about the importance of food in our day to day life and the new words of the chapter.



# 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

# Kinds of Food

```
graph TD; A[Kinds of Food] --> B[Energy giving food]; A --> C[Body building food]; A --> D[Protective food];
```

**Energy giving food**

**Body building food**

**Protective food**



# Energy giving food

The food which gives of energy are called energy giving food.

Example:

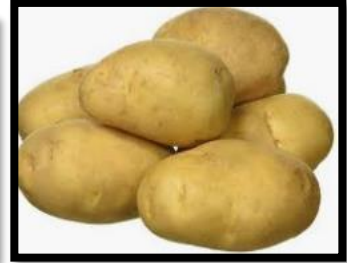
Rice



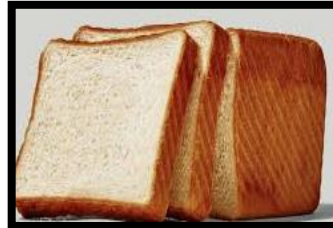
Sugar



Potato



Bread



Butter



Ghee





# Body building food

The food which keeps us healthy and strong are called body building food.

Example:

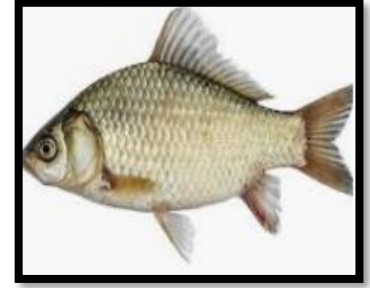
Egg



Milk



Fish



Meat



Pulses



# Protective food

The food which protects us from diseases are called protective food.

Example:      Fruits



Vegetables



# Balanced Diet

A diet which contains energy giving food, body building food and protective food are called balanced diet.



# Types of people according to food habit

**Vegetarian**

**Non-Vegetarian**



# Non-Vegetarian

People who eat both milk products, grains, fruits, vegetables, eggs and meat.





20.04.2021

NEW WORDS

1. Fruits
2. Vegetables
3. Grains
4. Pulses
5. Energy





6. Building
7. Protective
8. Healthy
9. Diseases
10. Balanced
11. Vegetarians



# 1. Write True or False :-

(a) Food makes us healthy and strong.

True

(b) We get food from plants.

True

(c) Apples and mangoes are vegetables.

False

(d) The cow gives us eggs.

False

(e) We must eat different kinds of food.

True



# LEARNING OUTCOME:-

Students will come to know about:-

- ❖ Kinds of food
- ❖ Importance of food
- ❖ About balanced diet



# DIARY WORK :-

Dt :- 26.04.2021

CW → New Words and Write True or False.

HW → Write what you had for breakfast, lunch and dinner yesterday in notebook.



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