

PRAYER
TIME



SESSION : 4

CLASS : 2

SUBJECT : EVS

CHAPTER NUMBER: 3

CHAPTER NAME : MY BODY NEEDS FOOD

**SUB TOPIC : CIRCLE THE FOOD ITEMS WE GET FROM
ANIMALS AND ANSWER THE FOLLOWING QUESTIONS**

CHANGING YOUR TOMORROW

A cartoon illustration of a young girl with black hair wearing a pink dress and a young boy with brown hair wearing a blue shirt and dark shorts. They are both smiling and holding a large, thick yellow ring. In the center of the ring is a light blue rectangular sign with a red border containing the text "MY BODY NEEDS FOOD".

MY BODY NEEDS FOOD

LEARNING OBJECTIVES:-

- ❖ Be able to know about the importance of food in our day to day life and know about it.
- ❖ About the balanced diet.



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

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

Body building food

Protective food

Balanced Diet

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

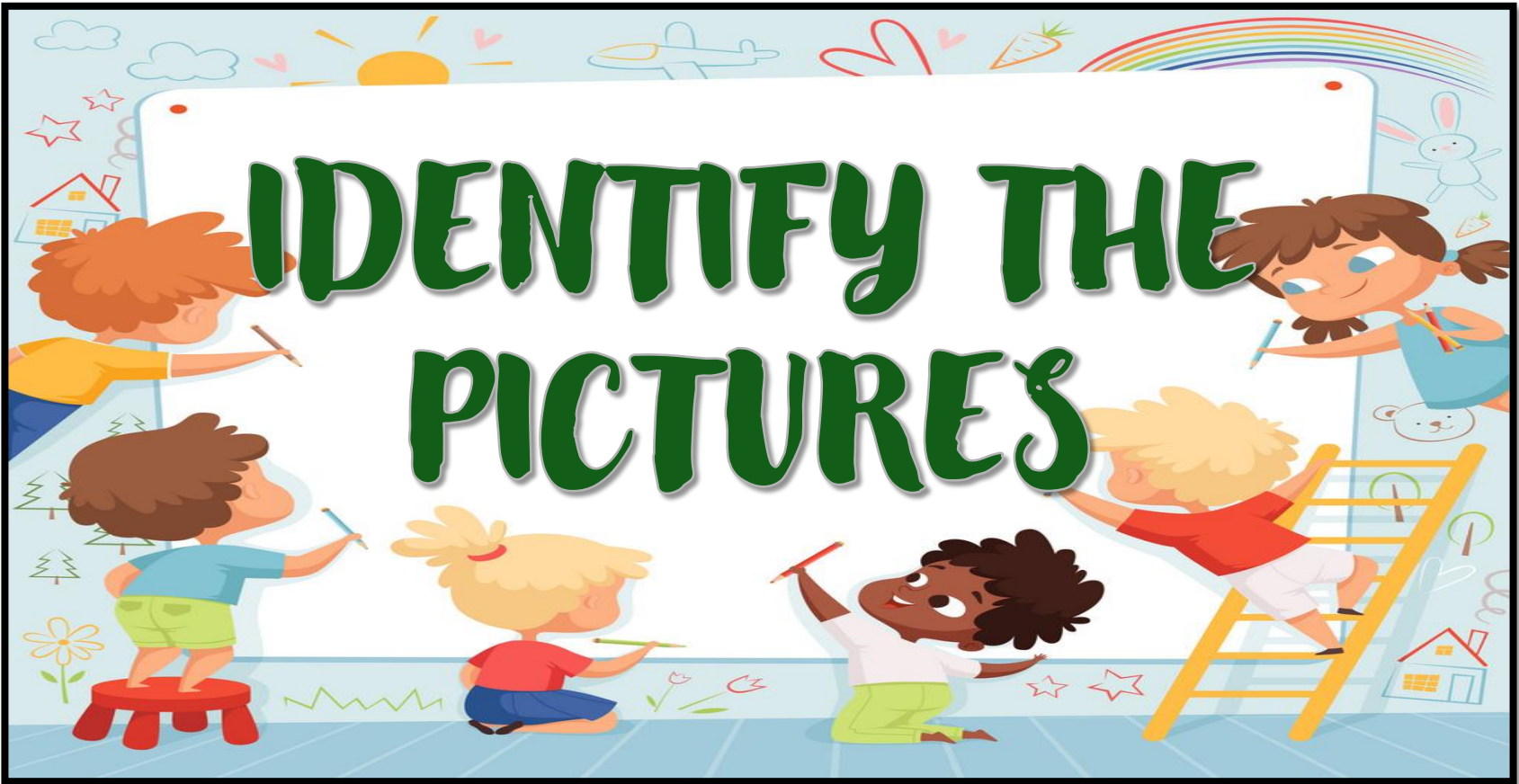


Types of people according to food habit

Vegetarian

Non-Vegetarian

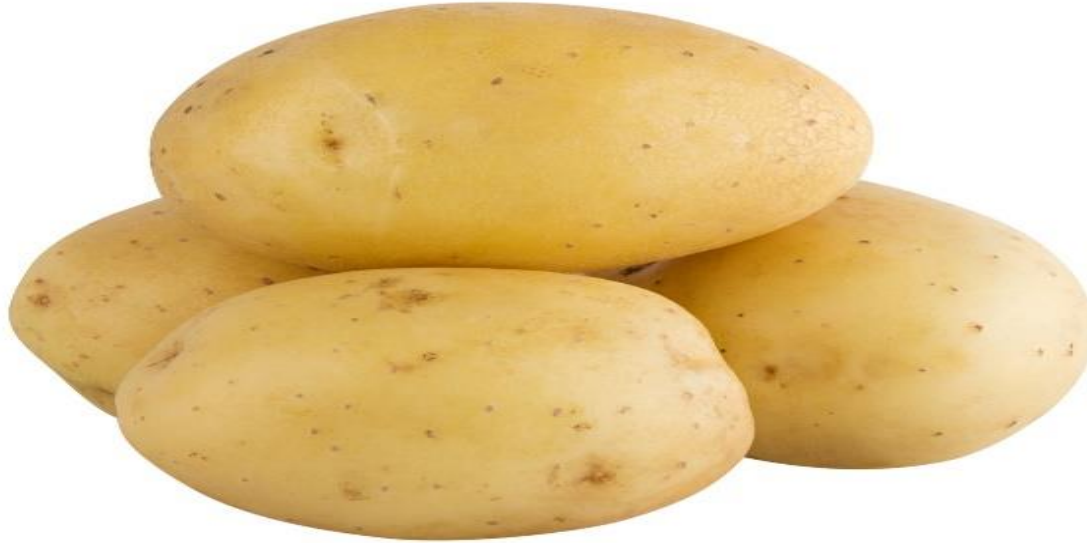




IDENTIFY THE PICTURES



FISH



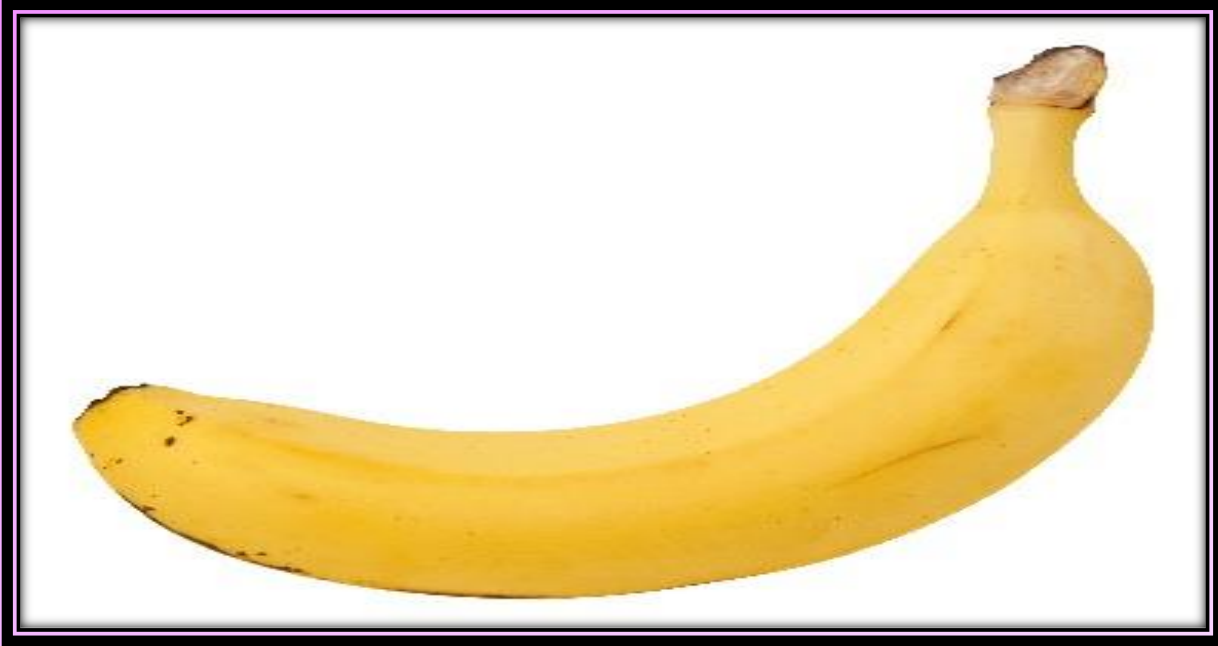
POTATO



MILK



PULSES



BANANA



BALANCED DIET

C.W. Circle the food items we get from animals:-

Chicken

Butter

Milk

Cauliflower

Fish

Bread

Eggs

Grapes

Meat



2. Answer the following questions :-

(a) What are called energy giving food ?

Ans → The food which gives us energy are called energy giving food.

(b) What are the 3 meals in a day ?

Ans → The 3 meals in a day are Breakfast, Lunch and Dinner.

(c) Why do we need food ?

Ans → We need food to live and stay healthy.



LEARNING OUTCOME:-

Students will come to know about:-

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



THANKING YOU
ODM EDUCATIONAL GROUP