



SESSION : 5 CLASS : 2 SUBJECT : EVS CHAPTER NUMBER: 3 CHAPTER NAME : MY BODY NEEDS FOOD SUB TOPIC : EXTRA QUESTIONS- FILL IN THE BLANKS AND GUESS, WHO AM I?

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 extra knowledge about the chapter.



# **Importance of Food**

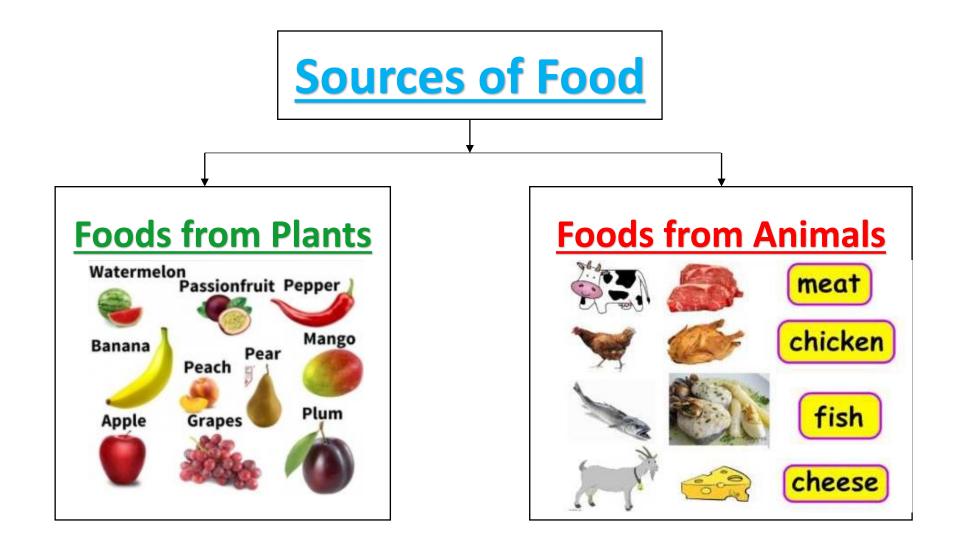
### Energy

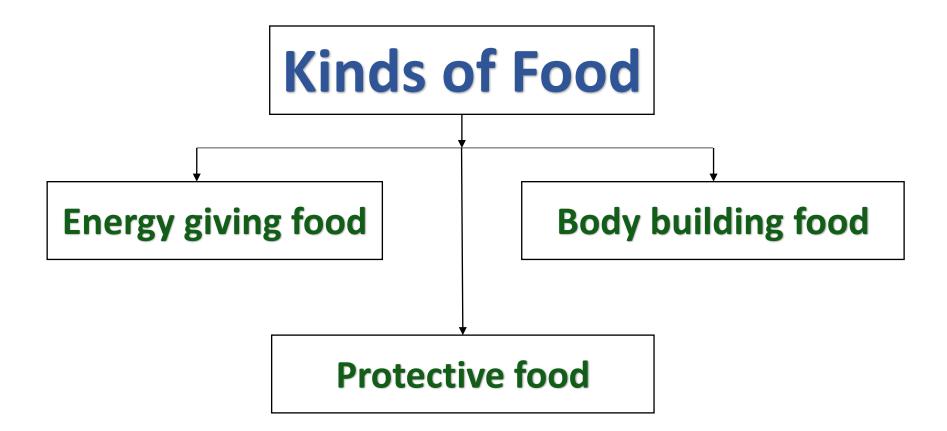
#### Work and Play





Changing your Tomorrow





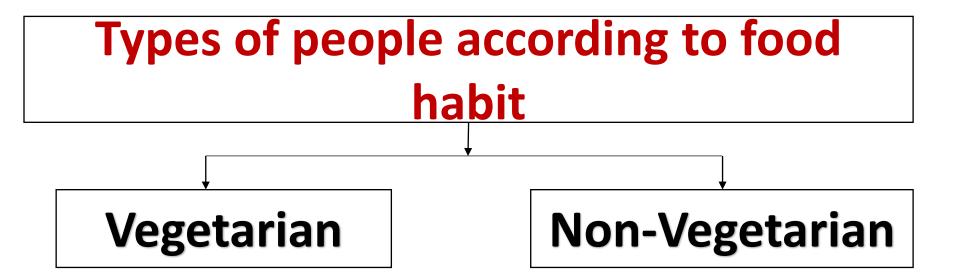




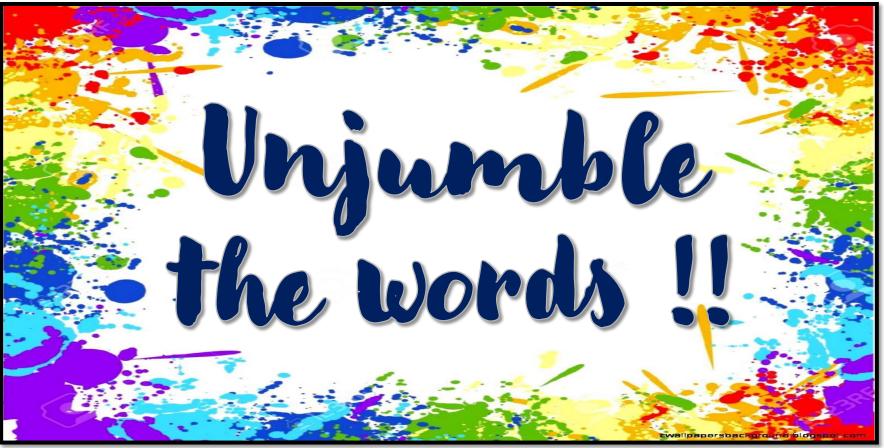
A diet which contains energy giving food, body building food and protective food are called balanced diet.



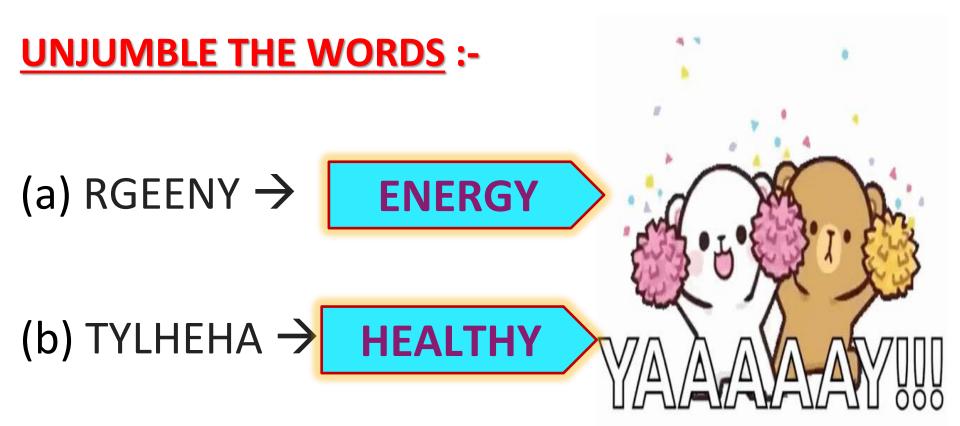




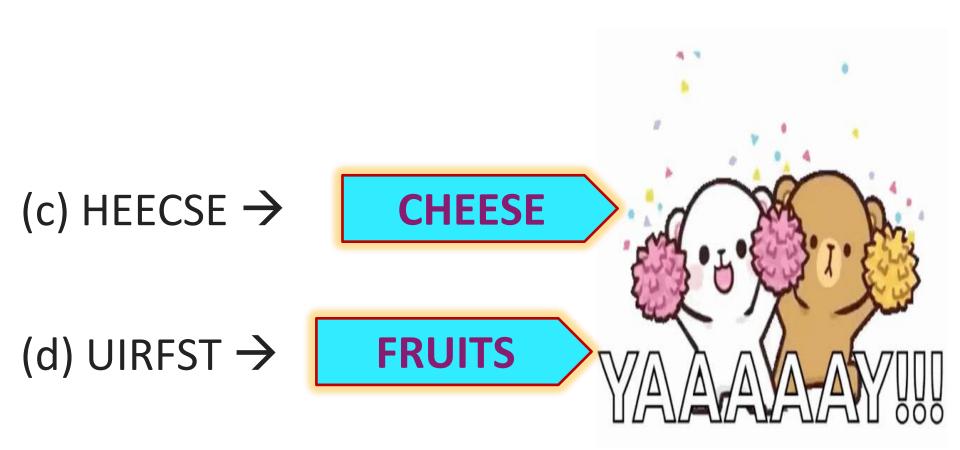




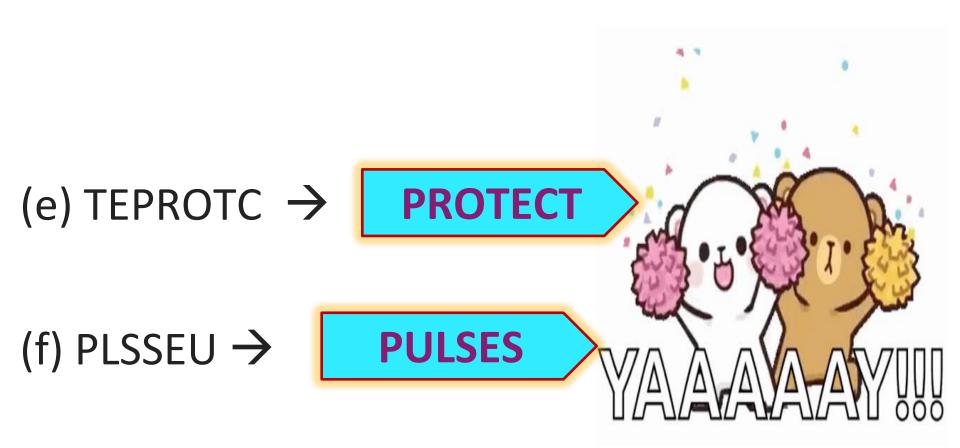








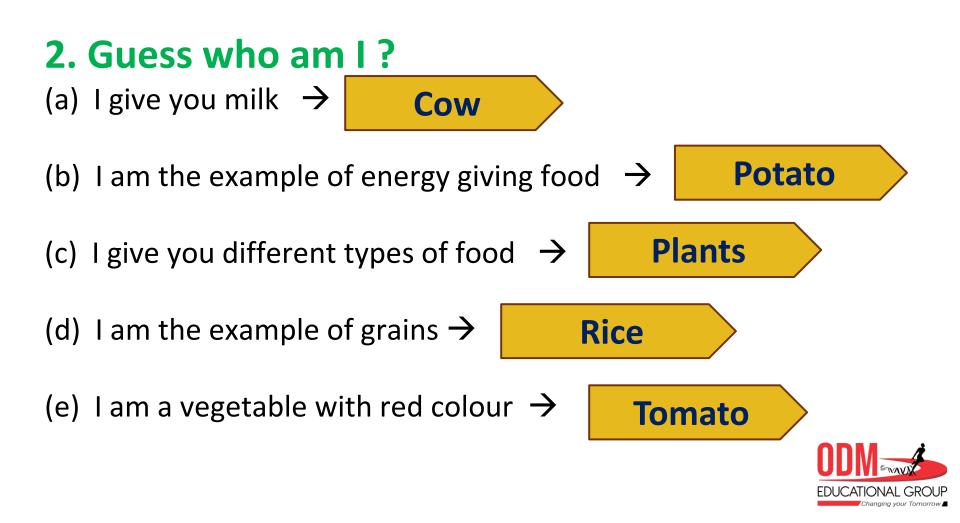












#### **LEARNING OUTCOME:-**

Students will come to know about:-

- Kinds of food
- Importance of food
- Some extra knowledge



#### **DIARY WORK** :-

# <u>CW</u> → Fill in the blanks and Guess who am I ?

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





## THANKING YOU ODM EDUCATIONAL GROUP

