



PRAYER
TIME



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

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 extra knowledge about 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

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



Unjumble
the words !!

wallpapersbackground.blogspot.com

UNJUMBLE THE WORDS :-

(a) RGEENY →

ENERGY

(b) TYLHEHA →

HEALTHY

YAAAAAY!!!



(c) HEECSE →

CHEESE

(d) UIRFST →

FRUITS

YAAAAAY!!!



(e) TEPROTC →

PROTECT

(f) PLSSEU →

PULSES

YAAAAAY!!!



Dt:-

1. Fill in the blanks :-

- (a) Food gives us **energy**.
- (b) We get egg from **hens**.
- (c) **Protective** food protects us from diseases.
- (d) To stay healthy and strong we should eat **balanced** meals.



2. Guess who am I ?

(a) I give you milk → **Cow**

(b) I am the example of energy giving food → **Potato**

(c) I give you different types of food → **Plants**

(d) I am the example of grains → **Rice**

(e) I am a vegetable with red colour → **Tomato**

LEARNING OUTCOME:-

Students will come to know about:-

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



DIARY WORK :-

CW → 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