



# पुर्णा International School

Shree Swaminarayan Gurukul, Zundal

SUB:-EVS

Worksheet

Grade:- II

Q-1 You must brush your teeth \_\_\_\_\_ a day and should visit your dentist \_\_\_\_\_ a year.

A) Twice , Once

C) Twice , Twice

B) Once , Once

D) Thrice , Twice

Q-2 Select the odd one out.

A) Egg

C) Fish

B) Milk

D) Bread

Q-3 \_\_\_\_\_ should be the heaviest and \_\_\_\_\_ should be the lightest meal of the day.

A) Breakfast , Lunch

C) Lunch , Dinner

B) Evening snacks , Breakfast

D) Breakfast , Dinner

Q-4 The items shown in the box are \_\_\_\_\_.



A) Energy giving food

C) Body building food

B) Protective food

D) All of these

Q-5 Select the food item that is good for our health.



Q-6 Which of these is taken in least amount in a healthy , balanced diet ?

A) Sugar , butter and oil

C) Cereal , gram and pulse

B) Fruits and vegetables

D) Egg , milk and yogurt

**Q-7 Misha dislike milk and milk products and refuses to take them. In her diet, major portion is of rice, pulses and fish. This dietary routine will eventually result in weak \_\_\_\_\_.**

A) Muscles

C) Bones

B) Teeth

D) Both (B) and (C)

**Q-8 We should not skip 'X' meal because body requires it the most after hours of gap between meals.**

What is 'X'?

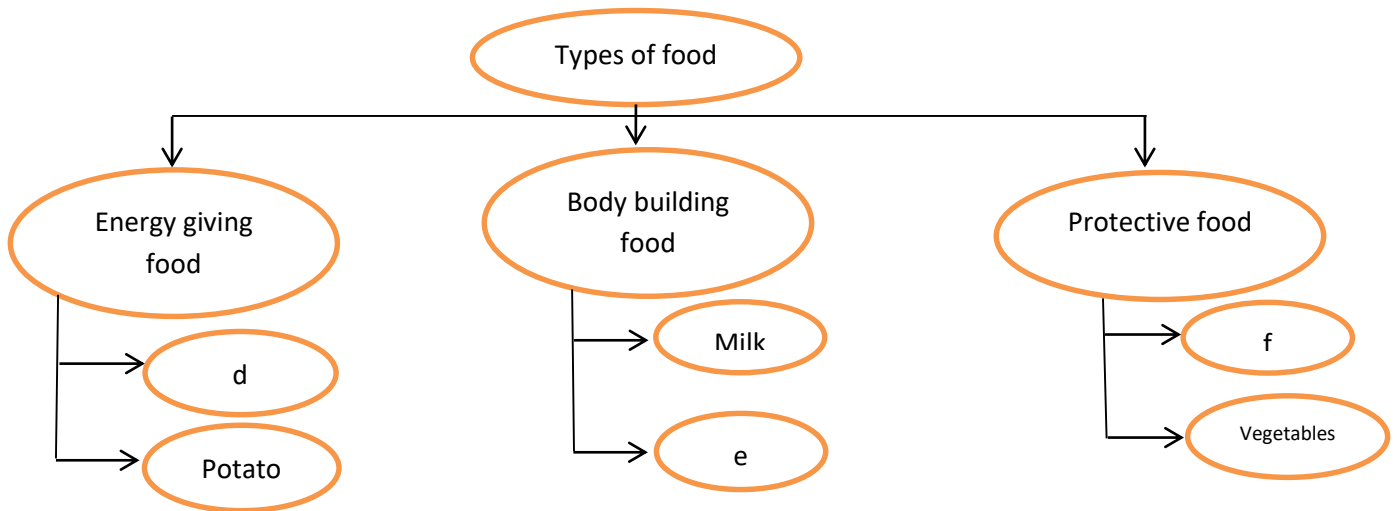
A) Evening snacks

C) Dinner

B) Lunch

D) Breakfast

**Q-9 Study the given flow chart and select the correct option which can fill empty spaces d , e and f.**



A) d- Egg, e- fish , f - Soybean

C) d- Rice, e- Egg, f- Nuts

B) d - Bread, e- Fruits, f- Cheese

D) d- Jaggery , e- Butter , f - Fruits

**Q- 10 Which of these is commonly used in India for making beverages?**

A)



B)



C)



D) All of these



