

ASSIGNMENT NO.-13

GURU GOBIND SINGH PUBLIC SCHOOL CHAS

CLASS: II

SESSION: 2020-21

Date: 13-07-2020

Sub.: EVS

Read Lesson 6 "Eating Healthy" and Lesson 7 "Clothes We Wear" twice

[Do all the work in your EVS notebook]

Section A

(Lesson 6 and Lesson 7)

(1) Explain/ Define the following terms

- (a) Energy giving food: Food that gives us energy to do work.
- (b) Body building food: Food that helps our body to grow.
- (c) Protective food: Food that protects us from various diseases.
- (d) Uniform: Special clothes worn by people to work or by children at school.
- (e) Costume: Special clothes that are worn for special purposes.

Section B

(Lesson 6 and Lesson 7)

(2) Fill in the Blanks

- (a) We must eat a balanced diet.
- (b) Fruits are protective food.
- (c) Woollen clothes are made from the hair of sheep.
- (d) We wear cotton clothes in summer season.
- (e) Silk comes from silkworm's cocoon.

Section C

(Lesson 6 and Lesson 7)

(3) Name them

(a) Two energy giving food

Rice Sugar

(b) Two woollen clothes

Sweater Cap

(c) Two fruits

Apple Mango

(d) Two pulses

Pea Gram

(e) Two Cereals

Wheat Maize

(f) Two things we get from leather

Belt Purse
(g) Two vegetables
Tomato Potato

Section D

(Lesson 6 and Lesson 7)

(4) Answer the following questions

(a) Why is food important to us?

Ans- Food is important to us because it is our basic need. It gives us energy to do work. It helps us to grow and it keeps us healthy and fit to fight diseases.

(b) What is junk food?

Ans- Junk food is food with low nutritional value but high in calories. It includes candies, chips, cookies, french fries, etc.

(c) Why do we wear woollen clothes during winter?

Ans- We wear woollen clothes during winter because they keep us warm and protect us from cold. Ex- Sweater, Caps, Socks, etc.

(d) What are costumes?

Ans- Special clothes that we wear for special purposes are called costumes. Ex- we wear swimming costume when we go for swimming.

Section E

(Lesson 6 and Lesson 7)

Do this work in your notebook/ scrapbook.

Activity- Draw and colour two things which we use in rainy season.

Project- Paste two pictures of each type of food: Energy giving food, Body building food and Protective food.

Homework- Do your Assignment properly in your EVS notebook.