DELHI MODERN PUBLIC SCHOOL , PAMPORE
Class:2nd
Subject: S.st
Study Material :Term-I
Lesson no. 10
Topic :Healthy Eating

This lesson helps us to understand that good food keeps us healthy but unhealthy ways of eating can make us ill . We must eat healthy food like fruits , vegetables etc. Very oily food like fried snacks, sweets and cold drinks are not good for health . we must keep our food covered and drink clean water. Germs may get into uncovered food. Germs are tiny living things that can make us ill . Along with food , our body needs sleep and exercise.

DAY 1:
Read lesson no. 10 (Half) underline important words and learn them.

DAY 2:
Read lesson no.10 (Full) underline important words and learn them.

DAY 3:
Do part A and B on book .
A) Oral Questions:
1) Fruits and vegetables 2) Sweets
3) Germs 4)Sweets
5)Cycling
B) Tick the good habits:
i) √ ii)√ iii) x iv)√ v) √ vi) x

DAY 4:
Do part C and MORE TO DO on book
C) Fill in the blanks with the correct answer:
i) Bad ii) Water iii) Covered iv) Fit v) Fixed

MORE TO DO
Q) Write G for Good and B for Bad
a) B b) B c) G d) B

DAY 5:
Do part D on notebook
D) Answer :
Ans1: When germs get into our body , we may fall ill.

Ans2: Food left uncovered should not be eaten because it contains germs that make us ill.
Ans3: Sleep and exercise are two things that our body needs along with food and water.