Delhi Modern Public School
Pampore

Sub: Science **Class: 2nd**

Term 1st --- Study Material
Lesson No. 6
Topic : Food

This lesson helps us to know the kinds of food we eat, and some good eating habits.

Day 1: Read lesson No. 6 and underline difficult words and learn them.

Day 2: Recapitulate the lesson and do part A and B on the book

Part A --- Answers:

1. Plants, Animals
2. Rice, Bread
3. Hands, Soap
4. Teeth
5. Water

Part B --- Answers

a) B b) P c) E d) E e) P f) B

Day 3: Do part C on the book and learn Parts A, B & C

Part C --- Answers

1. c
2. e
3. b
4. a
5. d

Day 4: Do Part D only 3 questions and learn them

Q1. Food helps us to grow. It gives our body the energy to work and play. It also helps us to stay healthy.

Q2. Protective Foods help our body to fight diseases.

Q3. Our body needs water for digestion of food.

Day 5: Do Part D's Question No.s 4 & 5 and learn them.

Q4. We should not eat uncovered food from street vendors because it contains dust and germs that can make us sick.

Q5. Meat is the food that we eat at a certain time of the day. The three (3) main meals of the day are:- breakfast, lunch, and dinner.