



BCM SCHOOL, BASANT AVENUE, DUGRI

CLASS- II SESSION 2025-26

Subject EVS

July Assignment

Food and Clothes

I Case Study

Ria eats a banana and drinks milk in the morning. Her brother Raj eats bread with butter and drinks juice. In school, Ria carries sprouts and fruits in her lunchbox. Their mother says eating different types of food keeps them healthy and strong.

✓ Questions and Answers

Which food item eaten by Ria gives her energy?

Ans Banana and milk

What kind of food are sprouts and milk?

Ans Body- Building food

Why does their mother ask them to eat different types of food?

Ans To be healthy and strong

II Riddles

Q1. I am red and juicy, used in ketchup too.
Draw and label it

Tomato 🍅

Q2. I'm long and yellow, monkeys love to munch.
Draw and label It

Banana 🍌

Q3. I keep you dry when it rains outside.
Draw and label it

Umbrella 

III Put the food items in the correct rows

Rice, Milk, Carrot, Eggs, Chapati , Fish, Apple, Butter, Pulses, Banana

Energy -giving food

rice , butter and chapati

Body-building food

pulses , fish , eggs and milk

Protective food

banana, carrot and apple

IV MCQs

1) Which of the following is made from wheat?

- A. Dosa
- B. Biscuits

- C. Rice
- D. Idli

2) Which food helps us build strong muscles?

- A. Bread
- B. Cheese
- C. Apple
- D. Sugar

V. Circle the odd one out

☐ Rice – Butter – Potato – Apple

Reason others are energy-giving foods

Milk – Egg – Fish – Bread

Reason: others are Body-building food

☐ Carrot – Banana – Spinach – Ghee

Reason: others are protective food

