



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

What kind of food are sprouts and milk?

Ans

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

Ans

II Riddles

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

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

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

III Put the food items in the correct rows

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

Energy giving food

Body building food

Protective food

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

☐ Milk – Egg – Fish – Bread

Reason:

☐ Carrot – Banana – Spinach – Ghee

Reason:

