

**Class - 2**  
**Subject - Environmental Studies (EVS)**  
**Book - THE EARTH 3**  
**Chapter - 6 THE FOOD WE EAT**

Word Meaning :-

- |    |        |   |  |
|----|--------|---|--|
| 1. | Energy | - | Ability to work                        |
| 2. | Salad  | - | A mixture of fruits and raw vegetables |
| 3. | Edible | - | Safe to eat                            |
| 4. | Wound  | - | An injury to part of the body          |

A. Tick (✓) the correct options:

1. When our body needs energy, we feel

Ans. (b) Hungry

2. Fruits grow from the

Ans. (a) Flowers

3. Seeds of plants like rice and wheat are called

Ans. (b) Foodgrains

B. Fill in the blanks with correct words from the lesson:

- We eat **roots** of carrots, radish and turnip.
- We eat the **stems** of ginger and sugarcane.
- The juice of **tulsi leaves** can cure our cough and cold.
- Amla** fruits are used to cure constipation.

C. Very Short Answer Type Questions

1. Where do we get food from?

Ans. We get food from plants and animals.

2. Name two plants from which we obtain oil.

Ans. Groundnut and mustard give us cooking oil or edible oil.

3. Name two plants from which we obtain spices.

Ans. We get spices like chilli and clove from plants.

D. Short Answer Type Questions

1. Name a plant for each, whose

Ans. a. Seeds - Wheat

b. Leaf - Spinach

c. Flower is edible - Drumstick

2. Name any two animals that give us -

Ans. a. Milk - Cow, Goat

b. Flesh and eggs - Hen, Fish

E. Long Answer Type Questions

1. What are the medicinal plants? Name some of them from which we get medicine.

Ans. Some plants give us medicines. Such plants are called medicinal plants.

- i. The juice of tulsi - leaves can cure our cough and cold.
- ii. Dried roots of mulethi are also used to cure and cough.
- iii. Amla fruits are used to constipation.
- iv. The cinchona plant gives us quinine to cure malaria.

2. How do we get food from farmers?

Ans. We get food from farmers as given below.

- i. Farmers grow different food items in their fields.
- ii. They sell them to the wholesalers.
- iii. Wholesalers sell the food-items to shopkeepers.
- iv. We buy food-items from the shopkeeper.

**Extra question**

1. What is a balanced diet?

Ans. We should eat a little bit of each type of food at different times of the day. It makes a balanced diet. A balanced diet keeps us healthy.