

Class - 2
Subject - Environmental Studies (EVS)
Book - THE EARTH 3
Chapter - 7 OUR FOOD

Word Meaning :-

1. Digestible - Easy for your body to deal with digest
2. Ingredients - One of the items of food you need to make something to eat
3. Convenient - Suitable

A. Tick (✓) the correct options:

1. This process means to cook food in water.

Ans. (a) Boiling

2. This process means to cook food with the help of steam.

Ans. (b) Steaming

3. The gas stove uses LPG as

Ans. (a) Fuel

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

1. **Cooking** is important as it kills the germs in the food.
2. We should eat balanced diet combining **raw** and **cooked** food.
3. Boiling means to cook in **water**.
4. **Baking** means to cook food in an oven.
5. Frying means to cook food in **boiling oil**.

C. Very Short Answer Type Questions

1. What is raw food?

Ans. Fruits, nuts and vegetables such as radish, carrot, cabbage, cucumber can be eaten raw.

2. What is cooked food?

Ans. Food that has been heated before its eaten or served is cooked. Cooked food has been baked, roasted, fried or boiled.

3. What is boiling?

Ans. Boiling means to cook food in water. Pulses, rice, meat, fish, eggs and vegetables are boiled in water.

4. What is roasting?

Ans. Roasting means to cook food over direct heat or in an oven.

5. Why do we need to cook food?

Ans. We need to cook food because it kills the germs in food.