

PRAYER  
TIME



**SESSION : 2**

**CLASS : 2**

**SUBJECT : EVS**

**CHAPTER NUMBER: 3**

**CHAPTER NAME : MY BODY NEEDS FOOD**

**SUB TOPIC : KINDS OF FOOD, VEGETARIANS AND NON-  
VEGETARIANS**

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**CHANGING YOUR TOMORROW**

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A cartoon illustration of a young girl with black hair wearing a pink dress and a young boy with brown hair wearing a blue shirt and dark shorts. They are both smiling and holding a large, thick yellow ring. In the center of the ring is a light blue rectangular box with a red border containing the text "MY BODY NEEDS FOOD".

**MY BODY NEEDS FOOD**

# LEARNING OBJECTIVES:-

- ❖ Be able to know about different kinds of food.
- ❖ Know about vegetarians and non-vegetarians.
- ❖ Know about balanced diet.



# Importance of Food

Energy



Work and Play



# Sources of Food

## Foods from Plants

Watermelon



Passionfruit Pepper



Banana



Peach



Pear



Mango



Apple



Grapes



Plum



## Foods from Animals



meat



chicken



fish



cheese

# FOOD FROM PLANTS :-

## Fruits



## Vegetables



## Pulses



## Grains



# FOOD FROM ANIMALS :-

## ANIMAL



meat



chicken



fish



cheese





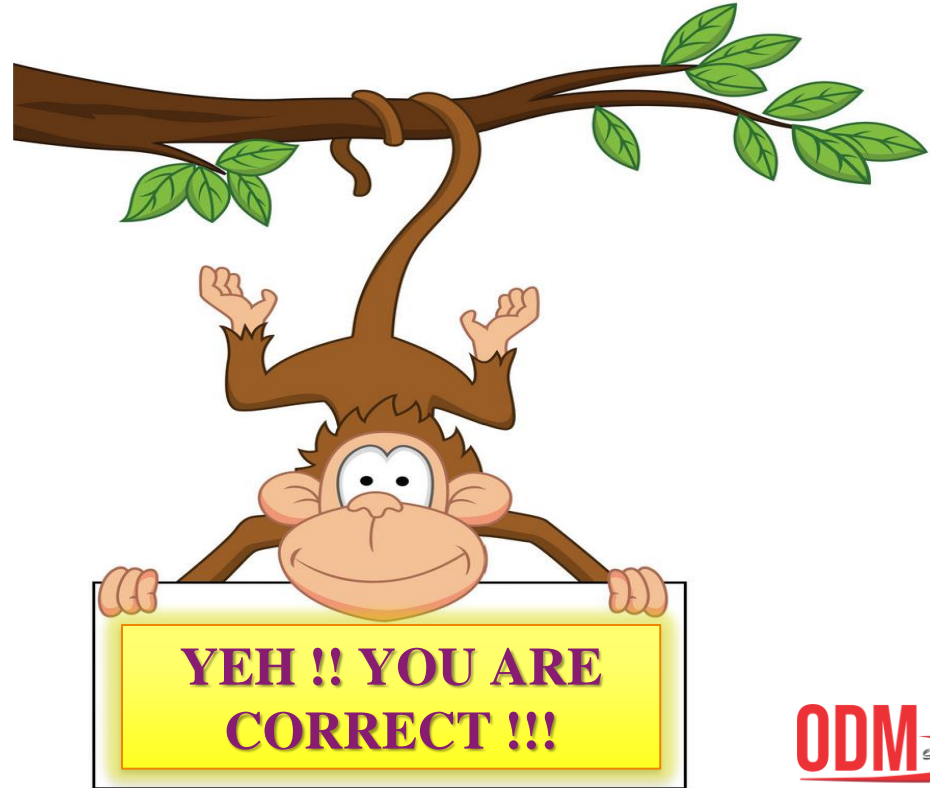


SPELL  
WELL

# CHOOSE THE CORRECT SPELLING :-

(a) Anemal

(b) Animal



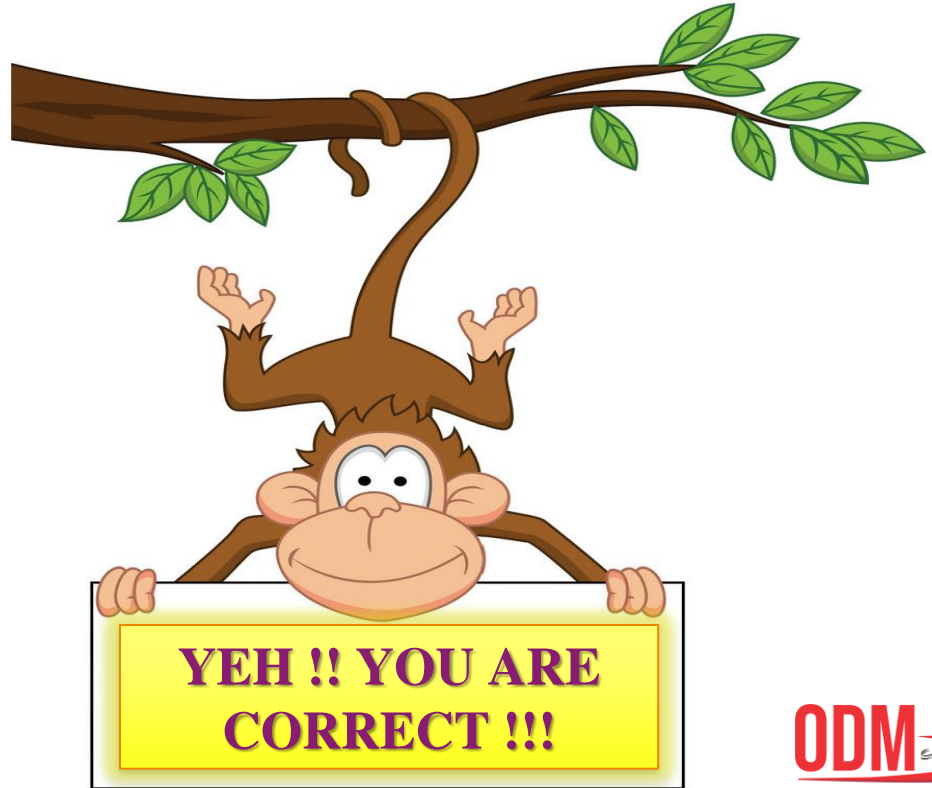
# CHOOSE THE CORRECT SPELLING :-

(a)

Plants

(b)

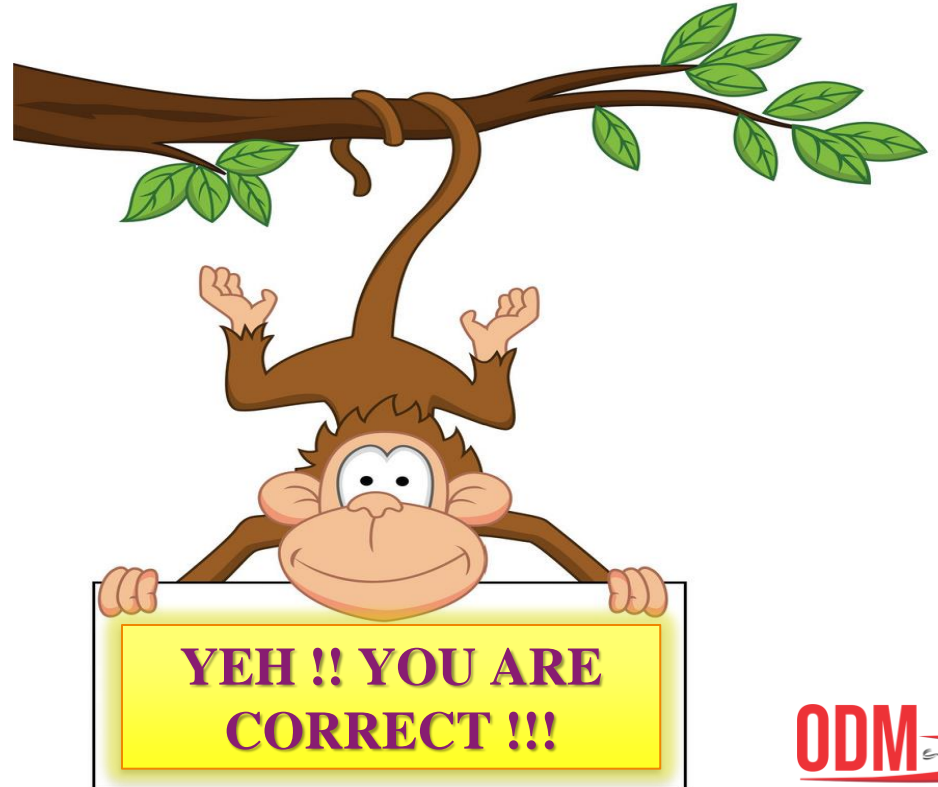
Plints



# CHOOSE THE CORRECT SPELLING :-

(a) Palses

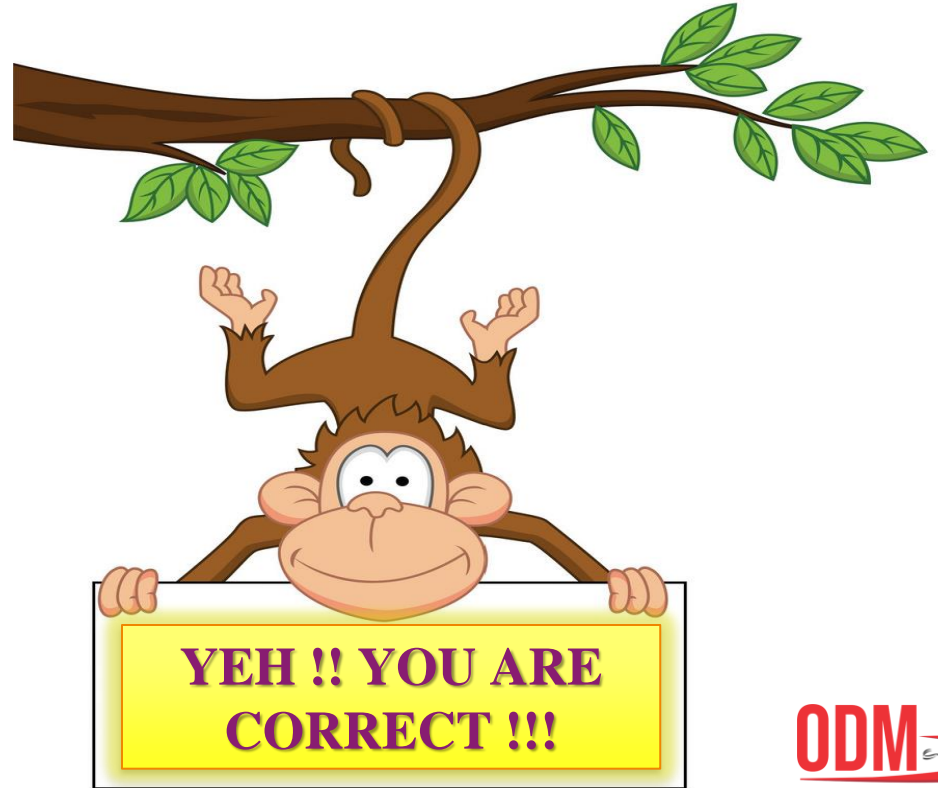
(b) Pulses



# CHOOSE THE CORRECT SPELLING :-

(a) Meit

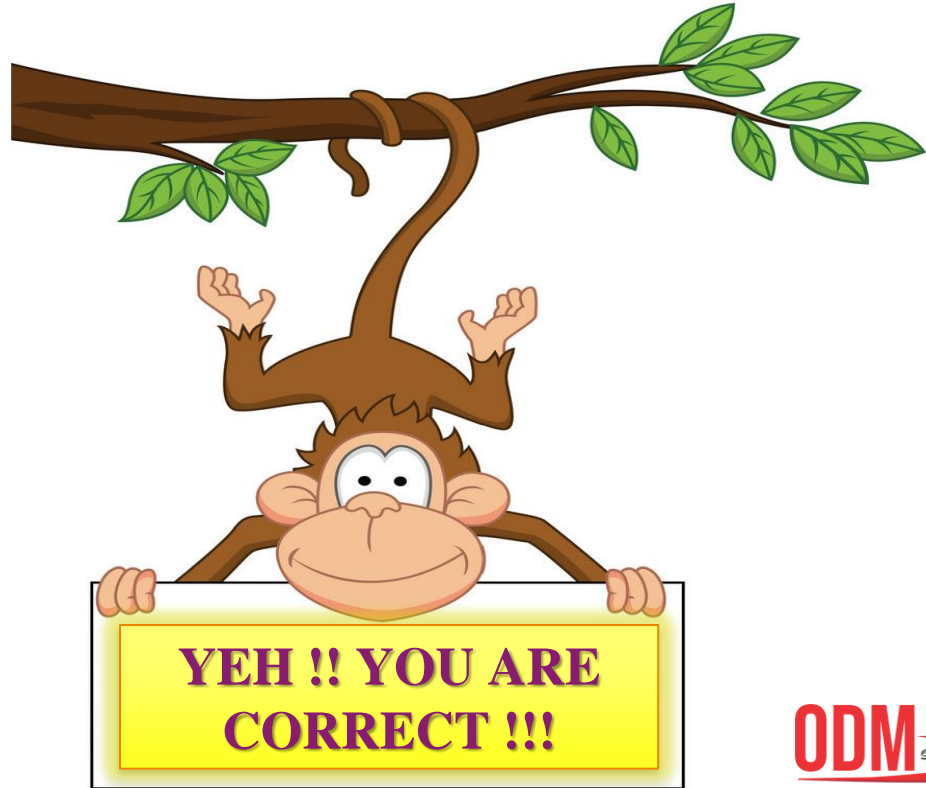
(b) Meat



# CHOOSE THE CORRECT SPELLING :-

(a) Patato

(b) Potato



# Kinds of Food

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graph TD; A[Kinds of Food] --> B[Energy giving food]; A --> C[Body building food]; A --> D[Protective food];
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**Energy giving food**

**Body building food**

**Protective food**

# Energy giving food

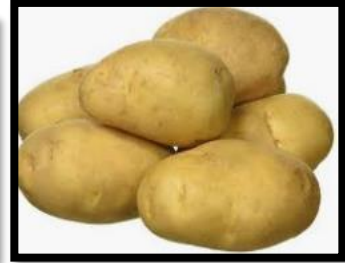
The food which gives of energy are called energy giving food.

Example:

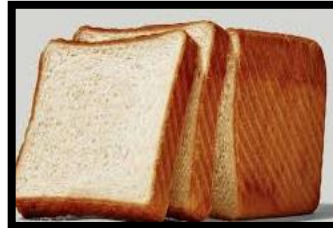
Rice



Sugar



Potato



Bread



Butter



Ghee



# Body building food

The food which keeps us healthy and strong are called body building food.

Example:

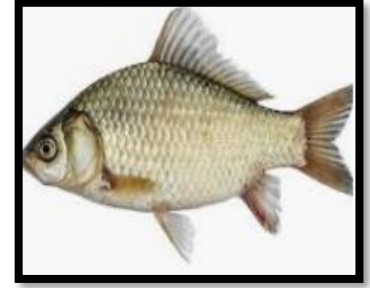
Egg



Milk



Fish



Meat



Pulses



# Protective food

The food which protects us from diseases are called protective food.

Example:      Fruits



Vegetables



# Balanced Diet

A diet which contains energy giving food, body building food and protective food are called balanced diet.



# Types of people according to food habit

**Vegetarian**

**Non-Vegetarian**

# Vegetarian

People who eat only milk products, grains, fruits and vegetables.



# Non-Vegetarian

People who eat both milk products, grains, fruits, vegetables, eggs and meat.



# MEALS IN A DAY

*3 meals per day*



# NOTES:-

1. There are 3 kinds of food:-

- ❖ Energy giving food
- ❖ Body building food
- ❖ Protective food.

2. The food which gives of energy are called energy giving food.

**Example:-** Rice, Sugar, Potato and Bread





3. The food which keeps us healthy and strong are called body building food.

**Example:-** Egg, Milk, Fish and Meat

4. The food which protects us from diseases are called protective food.

**Example:-** Fruits and Vegetables



# LEARNING OUTCOME:-

Students will come to know about:-

- ❖ Kinds of food
- ❖ Vegetarians and Non-vegetarians
- ❖ About balanced diet



# DIARY WORK :-

CW → Kinds of food.

HW → Tit-Bit pasting of fruits/vegetables in scrapbook.



**THANKING YOU**  
**ODM EDUCATIONAL GROUP**