

**ST. ANTHONY'S SR. SEC. SCHOOL**

**(2021-2022)**

**EXTRA QUESTIONS**

**CLASS II**

**ENVIRONMENTAL STUDIES**

**CHAPTER 1 – Our Food**

Q1) What is a Balanced Diet?

Q2) Give two examples of Energy- giving food?

Q3) Why does milk, fish, meat, pulses, cheese and paneer are called Body- building food?

Q4) What are Protective Foods?

Q5) Why should we drink 8- 10 glasses of water everyday?

Q6) Name two food items we get from plants.

Q7) Who are vegans?

Q8) What are Raw Foods?

Q9) What do you mean by digestion?

Q10) Why is food essential for our living?