

Worksheet-2.

Answers the following questions :

- 1 Why should we eat food?**
- 2. Name the various nutrients we get from our food.**
- 3. What is a food pyramid ?**
- 4. Why we should not skip meals?**
- 5. What is the source of energy in our body**
- 6.What is the function of bones in our body?**
- 7.What is the role of spinal cord in our body?**
- 8.What is a joint?**
- 9.What are voluntary muscles?**
- 10. What is balanced diet?**