



**CREST**  
*Olympiads*

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# CREST Science Olympiad (CSO) Worksheet *for*

**Class 2**



**Topic**

**Food**



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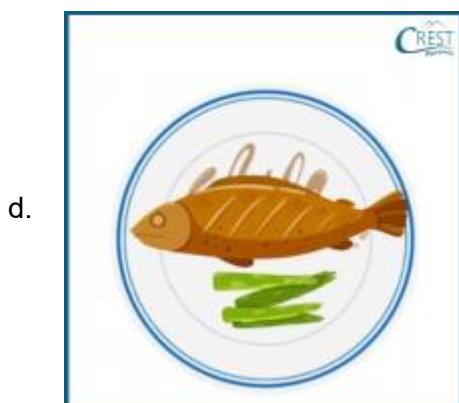
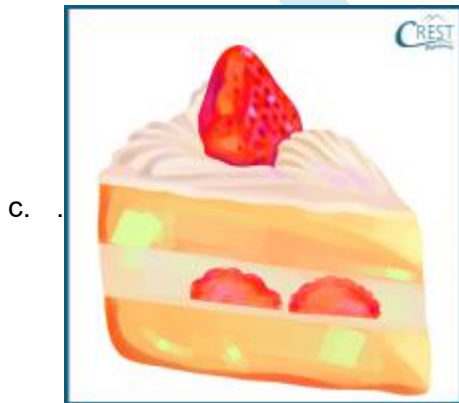
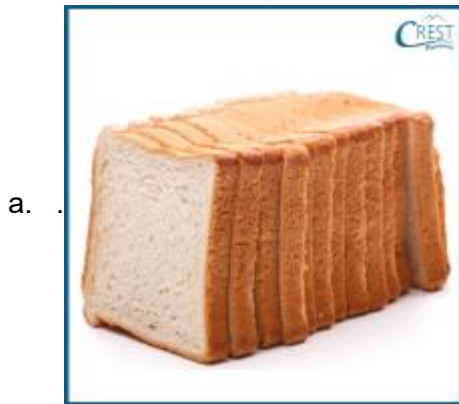
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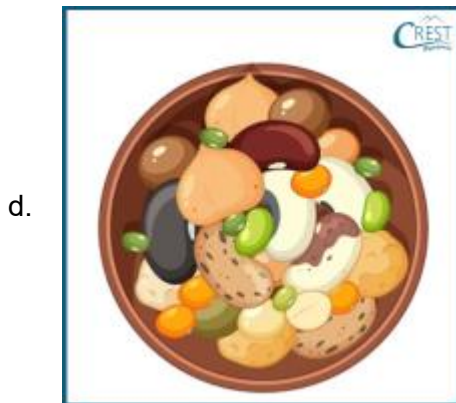
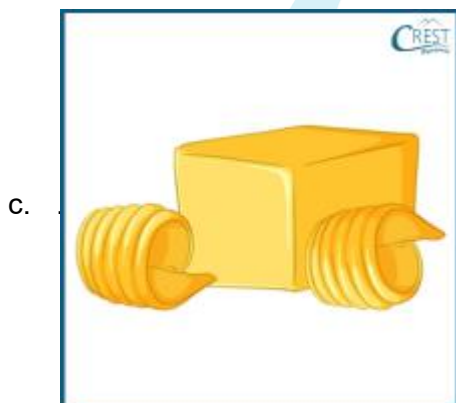
## Worksheet on Food

1. Lucy's mom advised her to eat less of the food present at the very top of the food pyramid. Select the food item that falls under that category.




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2. X is obtained from plants. X is an energy-giving food. What can X be?



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3. Match the following.



Column I	Column II
1) 	A) Body-building food
2) 	B) Protective food
3) 	C) Energy-giving food

- a. 1:C, 2:A, 3:B
- b. 1:B, 2:A, 3:C
- c. 1:B, 2:C, 3:A
- d. 1:A, 2:B, 3:C



4. Select the odd one out.

a.



b.



c.



d.



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5. A balanced diet provides all the important things our body needs to stay healthy and strong. Which of the following food is not part of a balanced diet?

a.



b.



c.



d.



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## Answer Key

1. c - Food items that are high in sugar, such as cake should be eaten less.
2. a - Rice is an energy-giving food obtained from plants.
3. b - Fruits are protective food; eggs and milk are body-building food and rice and potatoes are energy-giving food.
4. d - Honey is an animal product whereas all the other options are obtained from plants.
5. b - Cold drink is junk food and not needed for a balanced diet.

**More Questions Coming Soon – Keep Learning!**



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