



DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages





II - TERM *LESSON - I*

Food and Health





OBJECTIVES

- Sources of food
- Differences between Healthy Food and Junk Food





Cereals and Pulses



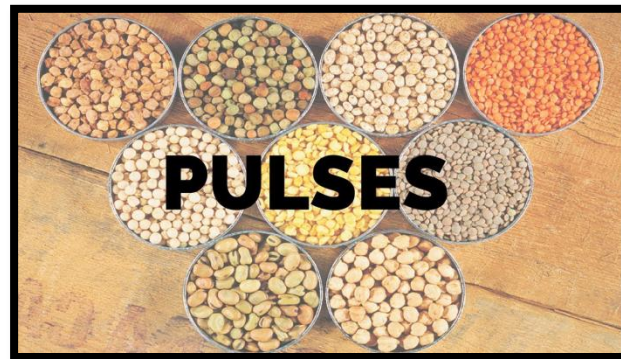
- We get cereals and pulses from plants.
- Rice and wheat are cereals. Millets are also a type of cereal.
- Cereals and pulses (lentils) make up the major part of our food and they keep us healthy.



DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



Red kidney beans
(Sivappu karamani)



Cowpeas
(Karamani)



Double beans
(Irattai beans)



Peas
(Pattani)



Cereals



Rice
(Arisi)



Pearl millet
(Kambu)



Corn
(Makka cholam)



Finger millet
(Kezhvaragu - Ragi)



DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



Seeds and nuts give us oil. We use oil to cook.



Coconut oil



Groundnut oil



Sunflower oil



Sesame oil



DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



Coffee & Tea

We get coffee from coffee beans and tea from tea leaves.





DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



Jaggery and Sugar

We get **sugar** and **jaggery** from both the **sugarcane** plant and the **palm** tree.



Palm jaggery
(Karupatti)



Palm tree
(Panai maram)



Palm sugar
(Panang karkandu)



Jaggery
(Vellam)



Sugarcane
(Karumbu)



Sugar
(Sarkkarai)



DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



Plants give us spices too. They add **flavour** and **taste** to the food.



Curry leaves
(Kariveppilai)



Turmeric
(Manjal)



Chillies
(Milagai)



Cinnamon
(Pattai)



Fenugreek
(Vendhayam)



Mustard
(Kaduqu)



Clove
(Lavangam)



Cumin
(Seeragam)



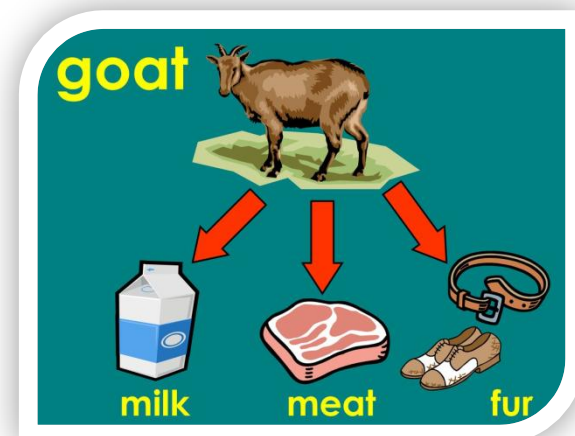
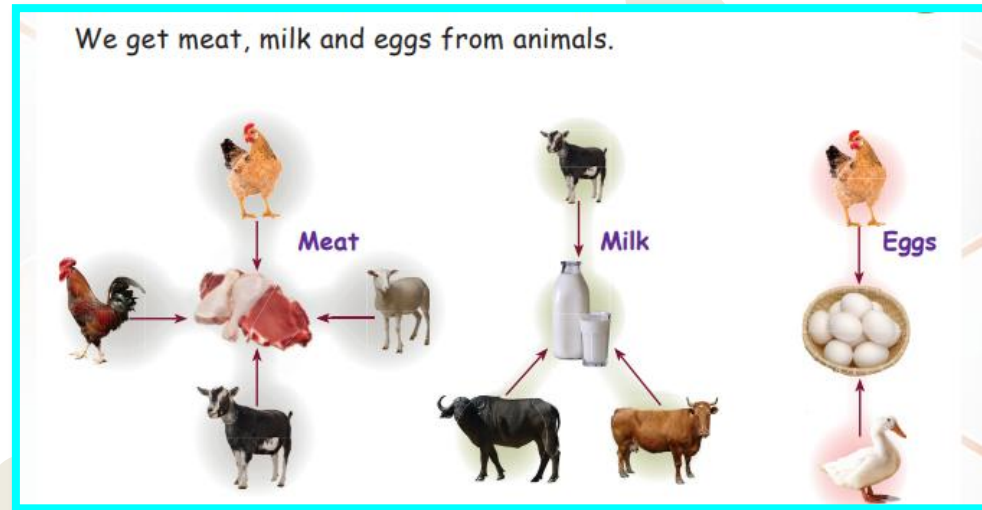
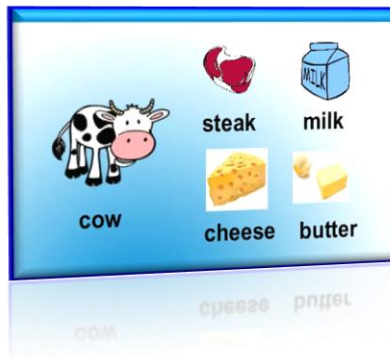
DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



ANIMALS GIVE US..

















DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



1. Write "P" for the food from plants and "A" for the food from animals.

					
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
					
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



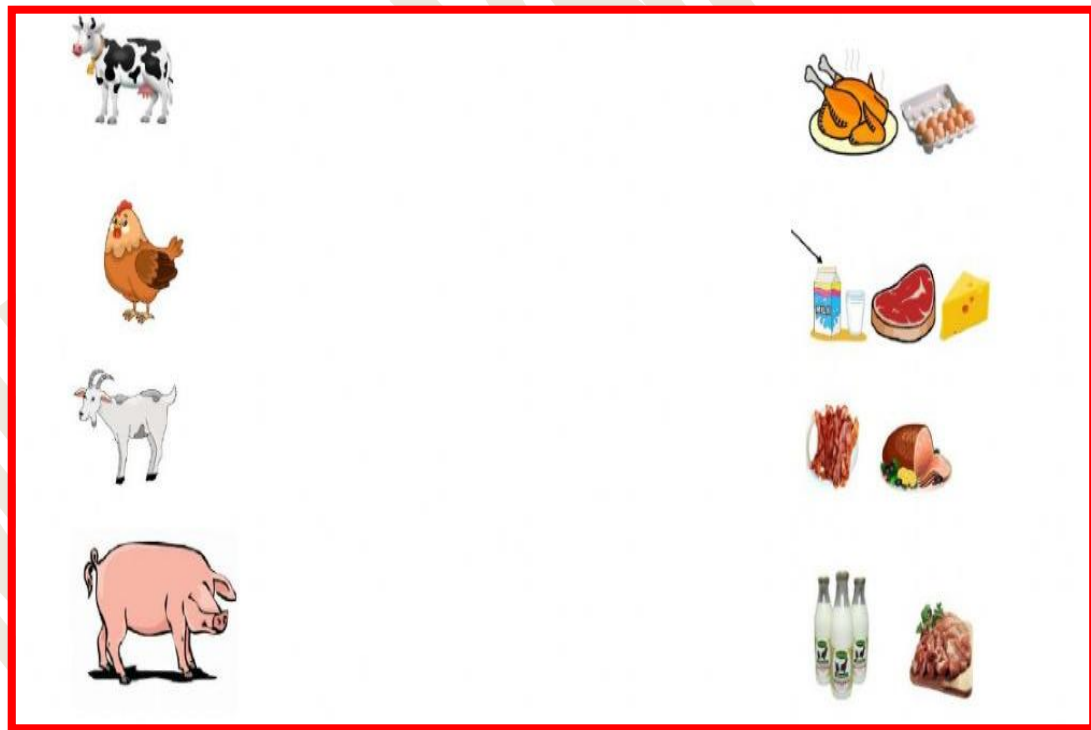
DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



2. Draw a line to match the animals to the product





DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



Common Heart Healthy Diet Tips



- Eat a lot of fruits and vegetables
- Choose lean meats and poultry to decrease fat
- Eat fish two times a week
- Choose whole grains over refined grains
- Choose low fat or fat free dairy
- Drink alcohol in moderation
- Cut back on high fat, and high sugar foods
- Limit sodium intake



www.sukinnhealthcare.com



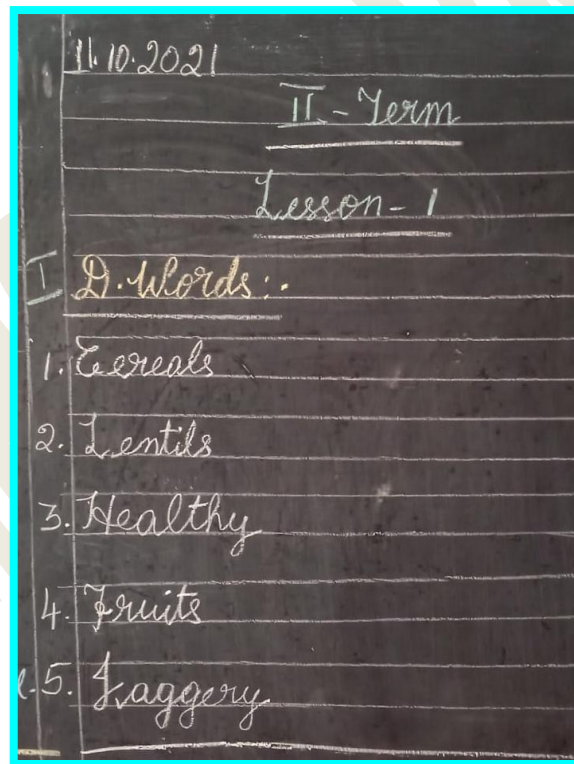
DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



Today (11.10.2021) we are going to write Science classwork. For that we have to use 80 pages ruled notebook. Use pencil only for classwork.





DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages

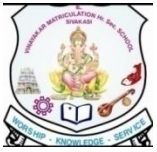


II Match the following:

1. Cereals — corn
2. Double beans — pulses
3. Spices — clove
4. Sugarcane — Jaggery
5. Milk — ghee

III Unscramble the given words:

1. e a s p — peas
2. e e r n g — greens
3. g i a r — ragi
4. o l e e w — clove
5. i k i l l c — chilli



DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages



IV Choose the correct answer:

1. [cow, paddy, honey bee, hen]

1. We get Rice from paddy.

2. We get milk from cow.

3. We get egg from hen.

4. We get honey from honeybee.



DATE : 11.10.2021
DAY : MONDAY

2nd STD SCIENCE

WS NOTES-S01-14 pages
CW NOTES-S01-04 pages

