

**Inspired Tots Early Learning Centre  
Second Grade First Assessment 2025**

**AGRICULTURAL SCIENCE**

**GRADE 2**

**Multiple Choice Questions:**

1. What type of food gives us energy to play and run?  
a) Body-building foods   b) Protective foods   c) Energy-giving foods
2. Which of the following foods is an example of an energy-giving food?



3. What do energy-giving foods help us do?  
a) Build strong muscles   b) Keep our bodies healthy   c) Run, play and have lots of energy
4. What type of food helps build and repair our bodies?  
a) Energy-giving foods   b) Body-building foods   c) Protective foods
5. Why do we need body-building foods?

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a) To give us energy   b) To build and repair our muscles   c) To keep us warm

6. What is a grain? a) A type of fruit   b) A type of vegetable

c) A type of food that comes from crops like wheat, rice, or maize

7. Which of the followings is an example of a grains?



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8. What do grains provide us with?

a) Protein   b) Energy   c) Vitamins

**True or False:**

1. Fruits are energy-giving foods.      True or False
2. Yam is an energy-giving food.      True or false
3. Meat is an energy-giving foods.      True or False
4. Body-building foods are only found in animal products. True or False
5. Wheat is a type of grain.      True or false
6. Fruits are examples of grains.      True or False
7. Eggs are a good source of body-building food.      True or false
8. Rice is a body-building food.      True or False

**Fill in the Blanks:**

1. Energy-giving foods are rich in \_\_\_\_\_

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2. Grains are a good source of \_\_\_\_\_

3. Examples of grains include \_\_\_\_\_

4. Body-building foods are rich in \_\_\_\_\_