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Class-II

Camlin Page
Date / /

Hello, Students I am your ENS teacher.
Today we will start CHAPTER-1 of
EVSE "My Family." Complete this chapter
in your CW copy.

subject - ENS

Date - 17/04/2020

Chapter - 1 worksheet

I Make your own family tree by pasting the
pictures of your family members.

II New Words.

1. Related
2. Together
3. Nucleas
4. Cousins
5. Members
6. Sibling
7. Grandparents
8. Maternal
9. Paternal
10. Surname

III Complete the sentences.

1. A big family is also called joint family.
2. Members of a family have a common surname.
3. Mother's parents are called maternal
grandparents.

(2)

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243-1012

4. The children of your uncle are cousins.

19 Answer these questions.

Q 1. What is a family?

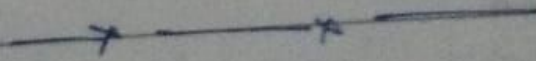
Ans: Family is a group of people who are related to each other and live together.

Q 2. Who is sibling?

Ans: Sibling is our brother or sister.

Q 3. Who is called aunt?

Ans: Uncle's wife is called aunt.



Define the following.



Let Us Practise

3
Fill these exercises in the book study.

A. Fill in the blanks with the given words.

aunt cousin grandfather uncle grandmother

- 1. My father's father is my grandfather
- 2. My father's mother is my grandmother
- 3. My father's brother is my uncle
- 4. My uncle's wife is my aunt
- 5. My uncle's son is my cousin

B. Tick (✓) the correct statement. Put a cross (X) next to the wrong statement.

- 1. I respect my elders.
- 2. A family in which mother, father and children live together is called a joint family.
- 3. My aunt's son is my cousin.
- 4. My father's brother is my grandfather.
- 5. Members of a family have a common surname.

C. Circle (○) the picture of the grandfather and grandmother in the picture shown on the right.



HOTS

If your grandparents visit your house over holidays, does your family become a big family for a while? Discuss with your teacher.



Sub: - EVS

Class - II

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Hello, students today we will start next chapter.

Chapter - 2

My Body

I New Words -

1. Machine
2. Perform
3. Functions
4. External
5. Internal
6. Tongue
7. Brain
8. Movements
9. Lungs
10. Breathe
11. Stomach
12. Digest
13. Consists
14. Support
15. Muscles
16. Special
17. Organs

II Define the following.

1. External :- Present outside of something.
2. Internal :- Present inside of something.
3. Movement :- to move.

(5)

- 4. Digest :- Changing food into simpler substances that can be used by your body.
- 5. Organ :- Part of our body that has a specific function.

III **PA** Answer these questions.

Q1. Who help us to breathe?

Ans:- Lungs help us to breathe.

Q2. Name the internal parts of our body.

Ans:- Brain, heart, stomach, bones and muscles are the internal parts of our body.

Q3. Which parts of our body present in pair?

Ans:- Hands, legs, eyes and ears are present in pair.

Q4. What is the role of bones?

Ans:- Bones give shape and support to our body.

Q5. **P** Write two functions of brain.

- Ans: a) The brain controls all our body movements.
b) It help us to think.

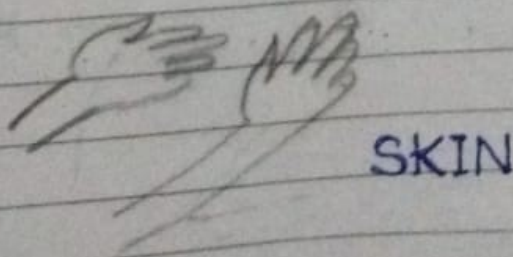
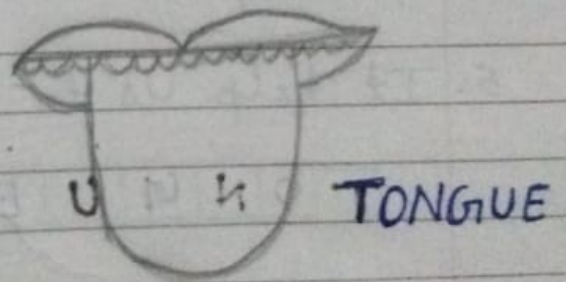
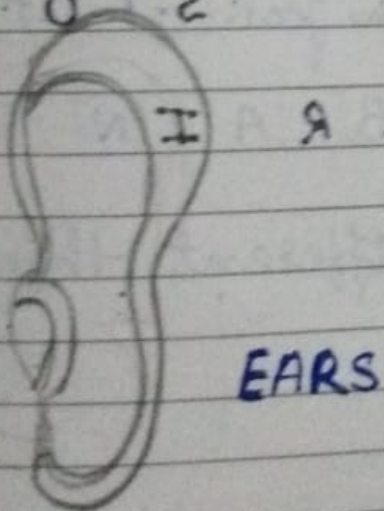
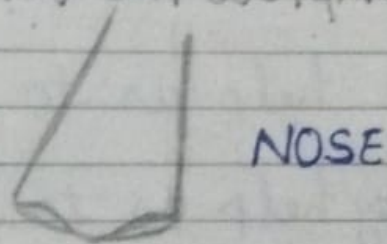
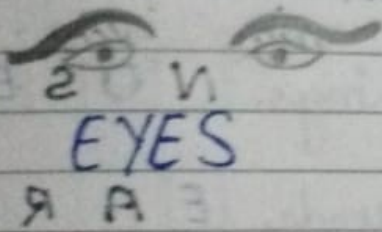
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IV Fill in the blanks.

1. Human body is like a big machine.
2. Our head rests on the neck.
3. There are many teeth in our mouth.
4. Muscles help the bones to move.

V Draw or paste five sense organs.

VI Complete the boxes given below.



• 2019

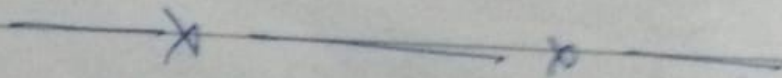
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• 2019

VI Complete the boxes given below.

1. It help us to smell things. **N O S E**
2. They help us to hear sounds. **E A R S**
3. It help us to digest the food. **S T O M A C H**
4. It help us to think. **B R A I N**
5. It help us to taste different things.

T O N G U E



SKIN

The heart pumps blood to other parts of the body.
Lungs help us to breathe.
Stomach helps us to digest the food we eat.
Bones provide support to our body.
Muscles help us in the movement of our body.

2



Let Us Practise



A. Tick (✓) the correct statement. Put a cross (X) next to the wrong statement.

1. We think with our lungs.

F

2. Our brain controls all our body movements.

T

3. Our toes are present on our hands.

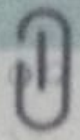
F

4. Stomach helps us to digest food.

T

5. Muscles help our bones to move.

T



B. Fill in the blanks with the given words.

heart lungs machine teeth head

- 1. The human body is like a big machine.
- 2. Our head rests on our neck.
- 3. Lungs help us to breathe.
- 4. Our mouth has a tongue and many teeth in it.
- 5. The heart pumps blood to all parts of our body.

C. Match the following.

- | | |
|------------|--------------------------|
| 1. Lungs | 4 (a) Digests food |
| 2. Brain | 5 (b) Pumps blood |
| 3. Muscles | 2 (c) Helps us to think |
| 4. Stomach | 3 (d) Help in movement |
| 5. Heart | 1 (e) Help us to breathe |

D. Look at the pictures of parts of the body and name them using the words given in the boxes.

Heart Legs Eyes Stomach Tongue



Tongue

Legs

Eyes

Stomach

Heart



HOTS

- 1. Ria has gone to her friends's birthday party. She is dancing and enjoying. List out two internal and two external body parts she must have used while dancing.
- 2. Complete the boxes given below:

(a) It helps us to think.

B R A I N

(b) It pumps blood to all the parts of the body.

H E A R T



CHAPTER-3

Growing Up

I New Words

1. Finally
2. Growth
3. Process
4. Increase
5. Newborn
6. Infant
7. Teenagers
8. Changes
9. Adult
10. Wrinkled
11. Saplings
12. Young

II Name the following.

1. A small young plant \Rightarrow Sapling
2. The young one of dog \Rightarrow Puppy
3. A length of time \Rightarrow Period.

- 2 (c) Help in movement
- 3 (d) Help us to breathe

11

4. A kitten grows into \Rightarrow Cat

5. A calf becomes a \Rightarrow Cow.

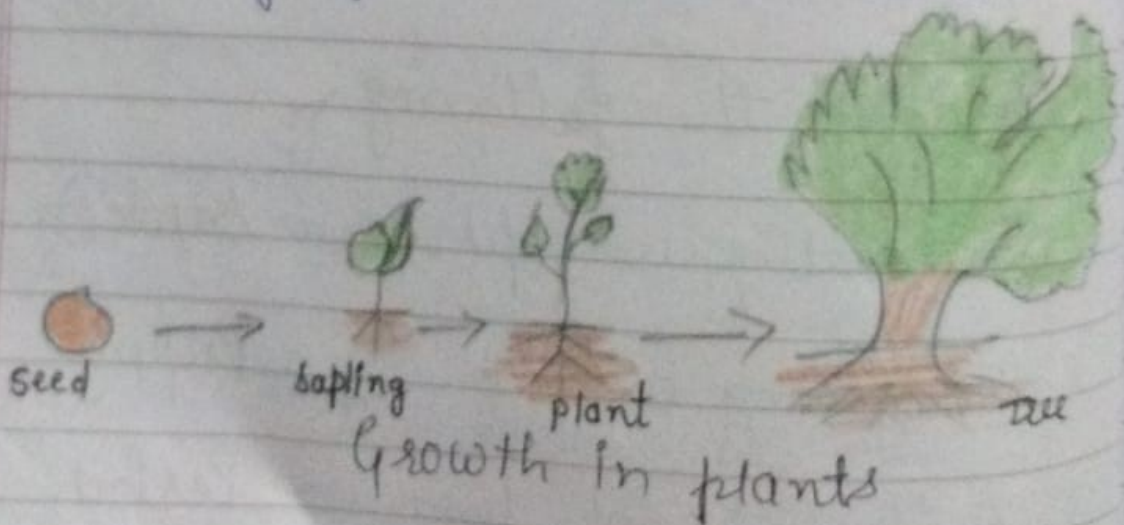
II. Answer these questions.

Q 1. What is growth?

Ans:- The process of growing and developing is called growth.

Q 2. Explain the growth in plant with picture.

Ans:- The seeds of plants grow into saplings and saplings grow into plants of different sizes e.g., grass, shrubs or trees.



Solve $\Rightarrow 96 \div [3 \{ 6 - 2 \}]$

(12)

classmate

Date _____

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Q3. Who is called adult?

Ans: A fully grown person is called adult.

Q4. Why physical activities are important?

Ans:- Physical activities are important for proper growth and good health.

Q5. Write the growth process in human beings.

Ans: There are different stages of growth in humans.

Infant \rightarrow Child \rightarrow Teenager \rightarrow Adult \rightarrow old.

IV Match the following.

1. Wrinkled

Hen 3

2. Infant

All living things 5

3. Chick

old people 1

4. Teenagers

New born baby 2

5. Growth

Age 13 to 19 4

— x — x —

Teenager:
Adult:

a person
a fully grown person

Now I Know

All living things grow.

Human beings grow from infancy to adulthood with time.

Seeds of plants grow into trees.

Young of animals also grow into big animals with time.

13



Let Us Practise

Fill in book

A. Fill in the blanks with the given words.

infant **wrinkled** **slow** **sapling**

1. The process of growth is slow.
2. A/An infant cannot talk.
3. A/An sapling grows into a big tree.
4. The skin of an old person gets wrinkled.

B. Tick (✓) the correct statement. Put a cross (X) next to the wrong statement.

- 1. Animals do not grow.
- 2. A newborn child is called a youth.
- 3. The skin of a very old person gets wrinkled.
- 4. Seeds grow into saplings.
- 5. A child grows into an infant.

C. Circle (○) the correct answer.

- 1. All living/non-living things grow.
- 2. Young of animals become big/small animals.
- 3. A young person becomes old/infant.
- 4. A child can/cannot walk.
- 5. A/An young/old person has grey hair.



HOTS

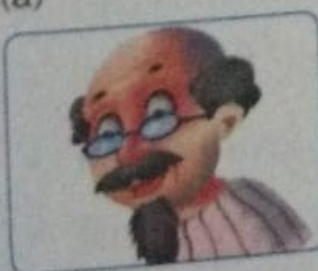
Do all the baby animals hatch out of eggs? *No*



Activity Zone

Number the pictures in the correct order of growth.

(a)



Old man

4



Infant

1



Youth

3



Child

2

15

Class-II (EVS)

classmate

Date

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CHAPTER-4

Taking Care of Our Body

I New Words.

1. Twice
2. Practices
3. Otherwise
4. Cleaner
5. Foul
6. Exercise
7. Proper
8. Straight
9. Regularly
10. Avoid
11. Snacks

II Answer these questions.

Q 1. Write about some good habits.

Ans: - Good habits keep our body clean and healthy. Some good habits are -

1. Brush your teeth twice a day.
2. Take bath with soap and clean water every day.
3. Keep your hair clean and tidy.

16

4. E

5. C

6.

Q 2.

Ans: -

Q 3.

Ans: -

Q 4.

Ans: -

1.

2.

3.

4.

5.

Q 5.

Ans:

4. Exercise for at least half an hour daily.
5. Go to bed early.
6. Cut your nails regularly and keep them clean.

Q2. What are germs?

Ans:- Germs are harmful living things which are so small that they cannot be seen with our eyes.

Q3. What is healthy habit?

Ans:- A behaviour that is good for health is called healthy habit.

Q4. Write about some good food habits.

Ans:- Some good food habits are -

1. Eat food at proper time.
2. Eat healthy food.
3. Eat leafy, green vegetables and fresh fruits.
4. Drink eight to ten glasses of water daily.
5. Avoid eating oily and market food.

Q5. What is the most important meal of the day?

Ans:- Breakfast is the most important meal of the day.

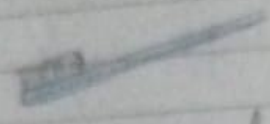
Handwriting

(17)

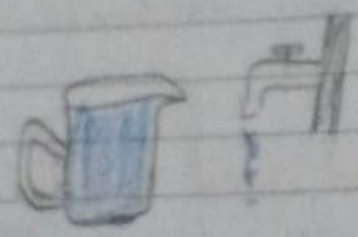
III Draw the things which are helpful to keep you neat and clean.



Soap



Brush



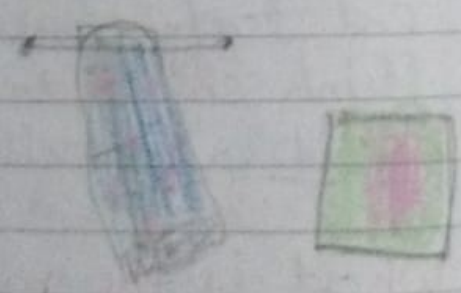
Water



Nail cutter



Sanitizer



Towels

(2) 86 +

(1)

गह
है कि
का प्र
हम
को
सिरक
चाहि
गह

I शा
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ज

II नि
प. 1. दि

- We should keep our mouth after meals.
- We should stay away from germs.
- We should wash our hands with soap before and after eating anything.
- We should eat healthy food and avoid unhealthy food.

18



Let Us Practise

A. Fill in the blanks with the given words.

boil **unhealthy** **strong** **germs** **clean**

1. germs are tiny harmful living things which we cannot see.
2. Oily food is unhealthy.
3. Keep your hair clean and tidy.
4. Food helps us to grow strong and healthy.
5. We should boil water before drinking.

B. Match the following.

- | | |
|----------|------------------|
| 1. Hair | (a) Toothbrush 3 |
| 2. Nails | (b) Soap 4 |
| 3. Teeth | (c) Nailcutter 2 |
| 4. Hands | (d) Comb 1 |

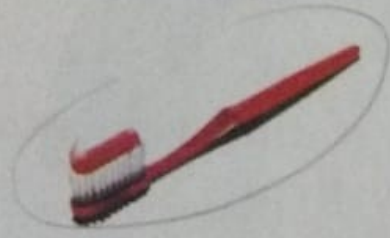


C. Draw a red star (*) for good habits and a black star (*) for bad ones in the boxes.

- 1. Eating uncovered food
- 2. Rinsing your mouth after eating
- 3. Washing your hands before and after meals
- 4. Biting your nails
- 5. Covering your mouth with a clean handkerchief while coughing



D. Pictures of some items are given below. Circle (O) the things that help you to keep yourself neat and clean.



HOTS

The picture below shows a hawker selling food. H.W.
 Why should you not eat this food? Write in the space given below.



CHAPTER-5

Eating Healthy

I. New Words.

1. Important
2. Diseases
3. Fulfil
4. Energy
5. ~~include~~ Include
6. Protects
7. Balanced
8. Protective
9. Diet
10. Provide
11. Cauliflower
12. Cereals
13. Grains
14. Buffaloes
15. Cheese
16. Paneer

II. Answer these questions.

Q1. Why food is important for us?

Ans: - Food is our basic need. It is important for us because -

1. It gives us energy to do work.
2. It helps us to grow.
3. It keeps us healthy and fit to fight diseases.

Q 2. Write the name of different kinds of food.

Ans: There are three kinds of food.

1. Energy-giving food.
2. Bodybuilding food.
3. Protective food.

Q 3. Why we need different kinds of food?

Ans: - Different kinds of food fulfil different needs of our body. We need all of the

Q 4. What are the sources of food?

Ans: - Plants and animals are the sources of food.

Q 5. Name the food which we get from plants.

Ans:- Most of our food comes from plants such as - vegetables, fruits cereals and pulses.

Q 6. Name some animal products.

Ans:- Animals also give us food. Milk, ghee, cheese, butter, paneer, eggs, chicken and mutton are some animal products.

Q 7. What is balanced diet?

Ans:- A balanced diet is a diet contain adequate quantity of nutrient that we require in a day.

Q 8. What is energy giving food?

Ans:- Food that gives us energy to do work is called energy giving food.

Exa:- Wheat, rice, potato, maize etc.

Q 9. What is body building food?

Ans:- The Food that helps our body to grow is called body building food.

Exa:- Milk, Fish, eggs, nuts, dal etc.

Q 10. What is protective food?

Ans: - This kind of food protects us from various diseases.

Exa: - fruits, green leafy vegetables etc.

III Define the following.

1. Disease: - a condition of bad health.
2. Fulfil: - to satisfy a need.
3. Energy: - strength to do different activities.
4. Protect: - keep us safe from harm
5. Raw: - not cooked
6. mutton: - flesh of sheep
7. Grains: - the small hard seeds of food plants such as wheat, rice etc.

— '0' —



Let Us Practise

A. Tick (✓) the correct statement. Put a cross (X) next to the wrong statement.

1. We get pulses like gram from plants.
 (a) Gram (b) Wheat (c) Pumpkin
2. Cheese is made from
 (a) Egg (b) Meat (c) Milk
3. A balanced diet contains
 (a) Only energy-giving food
 (b) Different kinds of food
 (c) Only protective food
4. Rice and potato are a part of this food.
 (a) Energy-giving food (b) Bodybuilding food
 (c) Protective food

B. Fill in the blanks with the given words.

balanced food fruits cover

1. food helps us to stay healthy and fight illness.
 2. fruits are protective food.
 3. Cover all food with a lid or net.
 4. We must eat a balanced diet.

C. Match the following.

- | | |
|--------------------------------|--------------------------|
| 1. Drinking water | (a) Food from animals 2 |
| 2. Eggs | (b) Balanced diet 4 |
| 3. Carrot and radish | (c) Fruits 5 |
| 4. A healthy mix of food items | (d) Vegetables 3 |
| 5. Apple and orange | (e) Clean and filtered 1 |





Let Us Practise

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- | | | |
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| 5. Apple and orange | (e) Clean and filtered | 1 |

