

# DON BOSCO SCHOOL KOKAR, RANCHI

Study Material

Academic session 2020-21

CLASS-II

SUBJECT-SCIENCE

BOOK NAME- GREEN WORLD

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## **CHAPTER 1- OUR BODY**

### **1. HARD WORDS**

- a. BODY
- b. DIFFERENT
- c. PERFORM
- d. FUNCTIONS
- e. HAIR
- f. SHOULDER
- g. TONGUE
- h. CHEST
- i. ELBOW
- j. ANKLE
- k. SURROUNDINGS
- l. BREATHE
- m. MACHINE
- n. HEALTHY
- o. DAILY
- p. TRIMMED
- q. CATCH
- r. EXERCISE
- s. BONES
- t. NOSE

### **A. Answer the following given questions**

1. Name any four external organs.  
Four external organs are hand, leg, eye, nose.
2. Name some activities that we do using our legs.  
Activities that we do using our legs are walking, running, skipping and jumping.
3. What are sense organs? Name them.  
Sense organs help us to learn about our surroundings.  
They are eyes, nose, tongue, skin, ears.
4. What are bones? Where are they found?  
Bones give shape to body.  
Bones are found all over our body and are present under the skin.
5. Mention any two ways by which we can take care of our body.  
Two ways to take care of our body are bath daily and brush our teeth twice daily.

### Home work

- B. Name the organs that does the work given below. (page no.8)**
- C. Cross out the odd word. (page no.8)**
- D. Draw sense organs. (page no.6)**
- E. Draw our body and label the body parts. (page no.5)**
- F. Fill in the blanks. (Extra)**
  - 1. Bones gives shape to our body.
  - 2. We have five sense organs.
  - 3. Sense organs help us to learn about our surroundings.
  - 4. We must breathe fresh air and exercise daily.
  - 5. We should drink clean water and eat healthy food.

**HARD WORDS**

- a. FOOD
- b. HEALTH
- c. ALIVE
- d. ENERGY
- e. DISEASES
- f. ACTIVE
- g. SOURCES
- h. VEGETABLES
- i. CEREALS
- j. PULSES
- k. SPICES
- l. VEGETARIANS
- m. OBTAINED
- n. TOMATOES
- o. CUCUMBER
- p. PROTECT
- q. NUTRIENTS
- r. BURGER
- s. DIGEST
- t. CALCIUM

A. Tick the correct option.

- 1. Vegetarians eat food obtained from – plants
- 2. Which food gives growth and strong body? – body-building
- 3. Milk is the rich source of – calcium

B. Fill in the blanks.

- 1. To stay healthy, we need to eat a balanced diet.
- 2. We get milk and meat from animals.
- 3. We need energy to do work.
- 4. Calcium helps to build strong and healthy bones and teeth.
- 5. We must never overcook the food.

C. Match the following.

- 1. Protective food - apples, tomatoes and oranges.
- 2. Complete food – milk
- 3. Body-building food – pulses, eggs and cereals
- 4. Energy- giving food – rice, butter and sweets

D. Answer the following questions.

- 1. Why is food needed by all living beings?  
We all need food to- grow, fight diseases, get energy and be active and healthy.
- 2. Who are non vegetarians?  
People who eat food obtained from both plants and animals are called non vegetarians.
- 3. Why is water important for good health?  
Water is important for good health because it helps us to digest food and get rid of the wastes.
- 4. Name any two energy giving, body building and protective food.  
Energy giving food –rice, wheat  
Body -building food- meat, egg  
Protective food- tomatoes, oranges

5. Why should we never overcook food?  
We should never overcook food because it destroys the nutrients in the food.
  6. What are the two sources of food?  
The two sources of food we get from plants and animals.
  7. What is a balanced diet?  
A diet which keeps us healthy is called a balanced diet.
  8. Write 5 good eating habits.  
Five good eating habits are: eat food at fixed times, chew the food properly, eat only fresh and healthy food, do not talk while eating and wash your hands before and after eating meals.
- E. Define the following:
1. Energy giving food- we need energy to do work. Examples are: rice, wheat, potatoes, butter, ghee etc.
  2. Body building food- they help us to grow and make the body strong. Examples are: pulses, cereals, milk, meat, egg, fish etc.
  3. Protective food- they protect the body from diseases. Examples are: green leafy vegetables, tomatoes, oranges etc.
  4. Water- water is very important for good health. Water helps us to digest food and get rid of the wastes in the body.
  5. Vegetarians- those people eat food obtained from plants only.
  6. Non vegetarians- those people who eat food obtained from both plants and animals.

#### **homework**

1. List (8) and draw healthy and junk food.
2. Draw and name food that we get from plants.
3. Draw and name food that we get from animals.
4. Draw and name energy giving and body building food.

#### **PROJECT**

1. Create a menu for 1 week. Make column what food you will have for breakfast, lunch, dinner for each meal. Make sure that you include all kinds of food in your meals. **( IN CHART PAPER)**

**HARDWORDS**

- a. LIVING
- b. BATHING
- c. COOKING
- d. WASHING
- e. CLEANING
- f. BRUSHING
- g. DRINKING
- h. DIGEST
- i. FLUSHING
- j. SOURCES
- k. WATERFALL
- l. REIVER
- m. STREAM
- n. LAKE
- o. POND
- p. HAND PUMP
- q. TUBE WELL
- r. MOUNTING
- s. SPINACH
- t. WATERMELON

A. Fill in the blanks with appropriate words.

- 1. Rain is the main source of water.
- 2. A vegetable that contains water is watermelon.
- 3. Water is home of some animals and plants.
- 4. Snow melts during summers and changes into water.
- 5. We dig wells to get underground water.

B. Answer the questions given below.

- 1. List any three uses of water.

The three uses of water are for drinking, bathing and cooking etc.

- 2. What is underground water?

Some amount of water get into the soil and is stored there is known as underground water.

- 3. Name any two food items that naturally contain water.

Two food items that naturally contains water are watermelon and spinach.

- 4. Write two sources of water.

The two sources of water are a) natural sources and b) man-made sources.

- 5. List five natural sources of water.

The five natural sources of water are- rain water, river, waterfall, stream and lakes etc.

- 6. Write five man made sources of water.

The five man made sources of water are- tap, hand pump, tube well, tank and dam etc.

**Home work**

- 1. Draw two natural sources of water.
- 2. Draw two man-made sources of water.