

ST. MICHAEL'S SCHOOL, MURI
STUDY MATERIAL CUM HOME ASSIGNMENT

STD - II

SUBJECT - EVS

LESSON 1 (GROWING UP)

Important Points:-

- ❖ All living beings are born. They grow up and get old.
- ❖ We need food to grow up.
- ❖ Food builds our body and gives us energy to work.
- ❖ A baby learns to crawl before it starts standing.

Exercise:-

Answer the following questions:-

1. What helps us to grow?
2. What does the child learn before standing?
3. Name any four food items you like the most.
4. What gives us energy to work?

LESSON 2 (MY BODY)

Important Points:-

- ❖ Our body parts can be divided into two categories:-
 - I) External Parts- The parts that can be seen from outside. Example- Arms, Legs, Ears etc.
 - II) Internal Parts- The parts which are inside the body and cannot be seen from outside. Example- Lungs, Heart, Liver etc.
- ❖ There are 206 bones and more than 600 muscles in a full grown body.
- ❖ Our heart beats 72 times in a minute.

Exercise:-

Choose the correct answer:-

1. Which of these parts is an external body part?
a. Lungs b. Tongue c. Heart

2. The brain helps to
a. Think b. Breathe c. Digest

Answer the following questions:-

1. What do you mean by the external parts of the body?
2. Name any three internal parts.
3. How does the heart help us?

LESSON 3 (OUR FOOD)

Important Points:-

- ❖ Food gives us energy to work and helps our body to grow.
- ❖ We need following kinds of food:-
 - ❖ i)Energy giving food
 - ❖ ii)Body building food
 - ❖ iii)Protective food
- ❖ Sources of food:- i) Food from the plants:- Vegetables, fruits, cereals and pulses.
ii) Food from the animals:- Milk, meat, eggs.
- ❖ Balanced Diet- A diet which contains all kinds of nutrients in proper amount is called a balanced diet.

Exercise:-

Answer the following questions:-

1. Why do we need food?
2. What is a balanced diet?
3. Name the food we get from the animals.

***Write and learn the exercises of all the three chapters in given assignment.**