**GREENWOOD PUBLIC SCHOOL, ADITYAPURAM**

**OUR MOTTO-DEVELOPMENT WITH DELIGHT**

**CLASS-II SUBJECT- E.V.S**

 **CHAPTER- 2**

 **HOW MY BODY WORKS**

**New words:-**

1. brain
2. lungs
3. sense
4. heart
5. stomach
6. digestion
7. swallow
8. pumps
9. breathe
10. organs
11. think
12. control

**Answers the following questions:-**

**Q1**. What is an organ?

**Ans**. Body parts are called organs.

**Q2.** How many sense organs do we have?

**Ans.** We have five sense organs:

1. Eyes
2. Ears
3. Nose
4. Tongue
5. Skin

**Q3.** What are internal organs?

**Ans.** Parts which are inside the body are called internal organs.

 Eg.- Heart, lungs, brain etc.

**Q4.** Name some internal organs and their functions.

**Ans.** 1.Brain- It helps us to think.

 2.Heart- It helps us to pump blood to all the parts of the body.

 3.Lungs- It helps us to breathe.

 4.Stomach- It helps us in digestion .

**Very short answers:-**

1. Name the largest sense organ.

Ans. Skin

1. Which body part helps in digestion?

Ans. Stomach

1. How many bones and muscles do we have?

Ans. Bones-206

Muscles-60

**H.O.T.S:-**

 Q1.What happens when we are hungry and smell tasty food?

 Ans.When we are hungry and smell tasty food the urge to have it increases.

**Activity:-**

 5 Sense organs and their functions

 Eye - to see

 Nose - to smell

 Ears - to listen

 Tongue - to taste

 Skin - to feel or touch

 **CHAPTER-3**

 **MY BODY NEEDS FOOD**

**New words:-**

1. healthy
2. grains
3. pulses
4. meat
5. products
6. strength
7. protective
8. diseases
9. energy
10. vegetarian
11. balanced

**Answers the following questions:-**

 **Q1.** Why do we need food?

 **Ans.** We need food to grow and stay healthy.

 **Q2.** What kind of food do we get from plants and animals?

 **Ans.** We get vegetables, fruits, grains, pulses, milk, eggs, curd, butter and meat from

 plants and animals.

 **Q3.** Write different kinds of food With examples.

 **Ans.1.Energy giving foods-** Food which give us the energy to work and play.

 **Eg.** Rice, bread etc.

 **2.Body building foods-** Foods which make our body strong and help us to grow.

 **Eg.** Egg, fish, pulses etc.

 **3. Protective foods-** Some foods like fruits and vegetables protect us from diseases.

**Very short answers:-**

1. Name a fruit that shares it’s name with colour?

Ans. Orange

1. Is rice a grain or a kind of meat?

Ans. Grain

1. Name some animal products?

Ans. Milk, butter, cheese, curd, ghee, eggs, and meat

1. Name two protective foods?

**Ans.** Fruits and vegetables

**H.O.T.S:-**

 **Q1.** Write four lines on healthy eating?

 **Ans.1-** Healthy food helps us to maintain good body weight and fight diseases.

 **2-** It makes our brain and body healthy and strong.

 **3-** Food likes fruits and vegetables make us active.

 **4-** Healthy eating makes us live long.