Delhi Public School,Gandhinagar
Academic session (2026-27)

Class: II

Study Material

Subject: EVS
Month: October

Ch-10 People We Need
Ch-11 Celebrating Festivals
Ch-12 Directions, Travel, and Communication

Ch-10 People We Need



Sub topics: -

- People Who Help Us
- People Who care for Us
- People Who Entertain Us

T.B work: -

- Reading and explanation of Text book Page no. 61-63

T.B Exercise: -

- Exercise on text book page no. 64

A. Match the people to the work they do. (Perfect Match)

Column A		Column B
1. Mechanic	(a)	Repairs taps and pipes
2. Plumber	(b)	Manages traffic
3. Barber	(c)	Repairs motor vehicles
4. Traffic policeman	(d)	Sings songs
5. Singer	(e)	Cuts hair

[1-c, 2-a, 3-e, 4-b, 5-d]



B. Name the people who do these things. (Name Them)

1. Sells fruits and vegetables — greengrocer
2. Makes pots with clay — potter
3. Treats sick people — doctor
4. Performs in plays — actor

C. Write True (T) or False (F). (True or False)

1. A plumber repairs vehicles. — F
2. A firefighter puts out fire. — T
3. An actor performs in movies. — T
4. A singer does funny acts. — F



Note Book Work :-



A.New words :-

1. firefighter
2. bouquets
3. measure
4. injured
5. scissor
6. mechanic
7. protect
8. florist

B. Answer the following questions: -

1.What does a mechanic use to repair vehicles?

Ans. A mechanic uses jacks, screwdriver and spanners to repair vehicles.

2. How does a policeman help us?

Ans. A policeman helps us by protecting our lives and belongings.

3.What does an actor do?

Ans. An actor performs in movies , plays and television shows.

C. Name two tools used by each of the following people.

1. Barber: comb , scissors

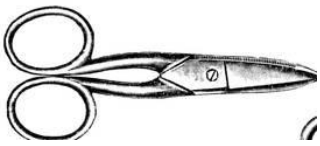
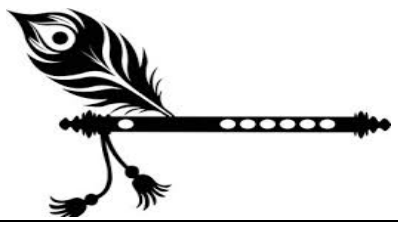
2. Tailor: sewing machine, needle

3. Mechanic: jacks, spanners

D. Draw name and colour.

1. Things used by the barber.

2. An instrument used by a musician.

	
Scissors	Flute

CBE (Written)

1.Why should we fix leaky taps in our house?

Ans. We should fix leaky taps in our house to prevent damage to walls and floors and to save water.

CBE (Oral)

2.What will happen if there is no traffic policeman on the road?

Ans. If there is no traffic policeman on the road ,there will be a heavy traffic jam on the road as people will not follow traffic rules strictly.

CBE (Observation)

3.How should you behave with the people who help your family with housework?

Ans. We should be kind, friendly, respectful, and thankful to the people who help us with housework.

CH – 11 CELEBRATING FESTIVALS

SUBTOPICS –

- National festivals
- Religious festivals
- Harvest festivals

TEXTBOOK WORK –

- Reading and explanations of textbook page no. 66 – 71

TEXTBOOK EXERCISE –

Exercise on page no. 72

A. Name the following. (Name Them)

1. Two national festivals — Republic Day, Gandhi Jayanti
2. Two religious festivals — Dussehra, Gurupurab
3. Two harvest festivals — Pongal, Bihu

B. Name the sweet dishes made on these festivals. (Sweet Dish)

1. Holi — Gujiya
2. Ganesh Chaturthi — Modak
3. Eid ul-Fitr — Sewain
4. Bihu — Pitha

C. Tick (✓) the correct answer. (Correct Choice)

1. When do we celebrate Independence Day?
   (a) 26 January ☐ (b) 15 August ☑ (c) 2 October ☐
2. Which of the following is called the 'festival of lights'?
   (a) Diwali ☑ (b) Onam ☐ (c) Holi ☐
3. Whom do people pray to on Christmas?
   (a) Lord Shiva ☐ (b) The Sun God ☐ (c) Jesus Christ ☑
4. On which festival do people make *kolam*?
   (a) Durga Pooja ☐ (b) Pongal ☑ (c) Bihu ☐

CBE Question :-

Unscrambling Letters

Unscramble the letters to write the names of the festivals.

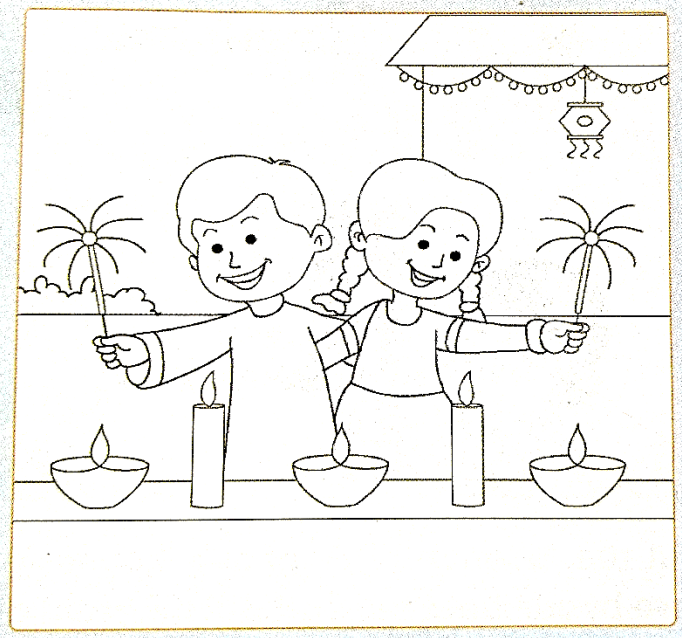
- DRUAG PJOOA — D _ R _ _ P _ _ J A
- DWILAI — D _ W A _ I
- RPEBUILC DYA — R _ _ U _ _ I _ D _ Y
- PNOAGL — P _ N _ _ L
- EDI UL-FTIR — E _ _ U _ - F _ _ R
- OANM — O _ _ M
- CRHITSAMS — C _ _ I _ _ M _ S
- BIAASHKI — B _ _ S _ K _ I

Ans: 1. DURGA POOJA
2. DIWALI
3. REPUBLIC DAY
4. PONGAL
5. EID - UL – FITR
6. ONAM
7. CHRISTMAS
8. BAISAKHI

PRACTICE WORK

Colouring Fun

Colour the picture of Diwali.



NOTEBOOK WORK

A. New words:-

1. relatives
2. harvest
3. decorate
4. worship
5. celebrate
6. victory
7. embrace
8. immerse



B. Answer the following questions:-

1. What do we do on Republic Day?

Ans. On Republic Day, we hoist the national flag, sing the National Anthem and watch the parade at Kartavya Path in New Delhi on TV.

2. How is Vijayadashami celebrated?

Ans. On Vijayadashami , people burn Ravana's statue and celebrate the victory of good over evil.

3.Where and how is Onam celebrated?

Ans. Onam is mainly celebrated in Kerala. People wear new clothes, make flower rangoli, and enjoy boat races.

C. Draw, name and colour :-

1. Christmas tree	2. The National flag of India
	
Christmas tree	**Tiranga**

CBE (Written):-

1. **What should we do when the National Anthem is being sung?**

Ans. We should stand still and sing the National Anthem respectfully.

2. Why should we respect all religions and celebrations equally?

Ans. We should respect all religions and celebrations equally because people have different beliefs and traditions.

CBE (oral) :-

3. What do we do on Eid ul-Fitr?

Ans. On Eid ul-Fitr, people offer namaz, wish each other "Eid Mubarak," and eat sweet dishes like sewian.

CBE (Observation):-

4. Name the people whose birthdays are celebrated on the following festivals.

a) Christmas - Lord Jesus Christ

b) Ganesh Chaturthi - Lord Ganesha

c) Gandhi Jayanti - Mahatma Gandhi

d) Gurpurab - Guru Granth Sahib

CH – 12 DIRECTION, TRAVEL AND COMMUNICATION

SUBTOPICS –



- Directions
- Maps
- Travelling to Places
- Communication

TEXTBOOK WORK –

- **Reading and explanations of textbook page no. 74 – 78**

TEXTBOOK EXERCISE –

- **Exercise on page no. 79**

A. Answer in one word. (One Word Answer)

1. The direction in which the sun sets — west
2. Trains run on these — tracks
3. The vehicle that carries sick people to a hospital — ambulance
4. The phone we use to make video calls — mobile phone

B. Match the columns. (Perfect Match)

Column A		Column B
1. Land transport	(a)	Ship and boat
2. Water transport	(b)	Ambulance and cable car
3. Air transport	(c)	Car and train
4. Special transport	(d)	Aeroplane and helicopter

Ans. (1-c) ; (2 - a) ; (3 - d) ; (4 - b)

C. Fill in the blanks. (Words in Blanks)

1. The sun rises in the east.
2. A train has many coaches.
3. Cargo ships are used to carry heavy loads.
4. We can talk and listen to other people using a telephones or a mobile phones.

NOTEBOOK WORK

A. New words:-

1. location
2. neighbour
3. compressed
4. passenger
5. aeroplane
6. village
7. directions
8. transport



B. Answer the following questions:-

1. What is a map?

Ans. A diagram or a drawing of a particular place is called a map. It helps us to find our way.

2. What do engines of vehicles use to run on the road?

Ans. Vehicles engines use petrol, diesel and CNG to run on the road.

C. Give two examples of each of the following:-

1. Land transport — **car, cycle**

2. Water transport — **boat, ship**

3. Special vehicles — **ambulance, cable car**

D. Draw, Name and Colour:-

Any one water transport	Any one land transport
	
Ship	**Car**

CBE (Written)

1. What do soldiers use to travel under water?

Ans. Soldiers use submarines to travel under water.

CBE (Oral)

2.Which special numbers do we dial in an emergency to call the police, fire engine or an ambulance?

Ans. . The special numbers we dial in an emergency are as follows:

Police – 100

Fire engine – 101

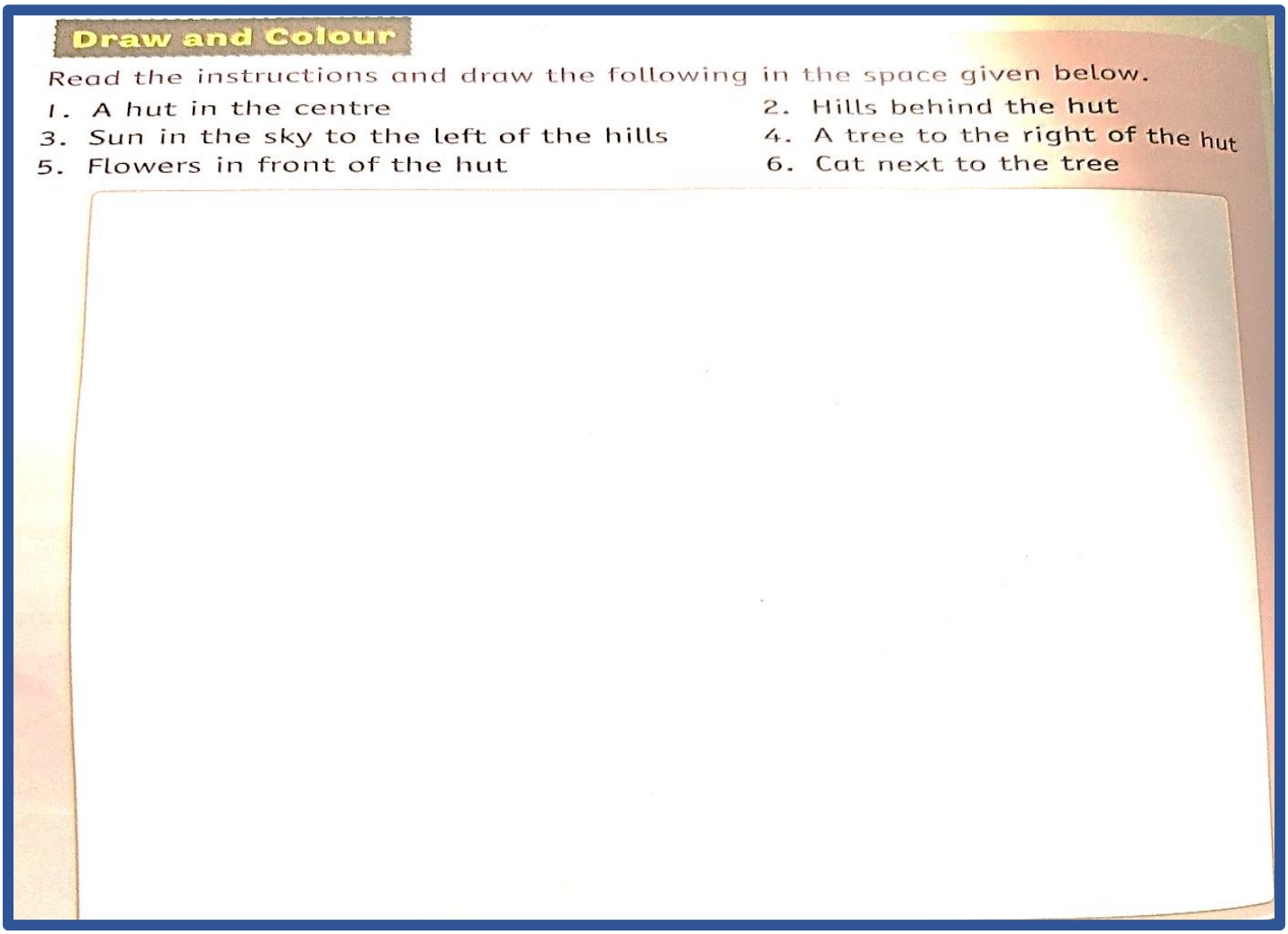
Ambulance – 108

CBE (Observation)

3. Tick ✔ the correct answers:

a) We need means of transport to **travel** / communicate.
b) **Passenger** / Goods trains carry people from one place to another.
c) A **telephone** / postcard is the quickest means of communication.
d) We travel by air / **road** to cover short distances.

Practice work



Delhi Public School Gandhinagar

Academic session (2026-27)

Class: II

Study Materials

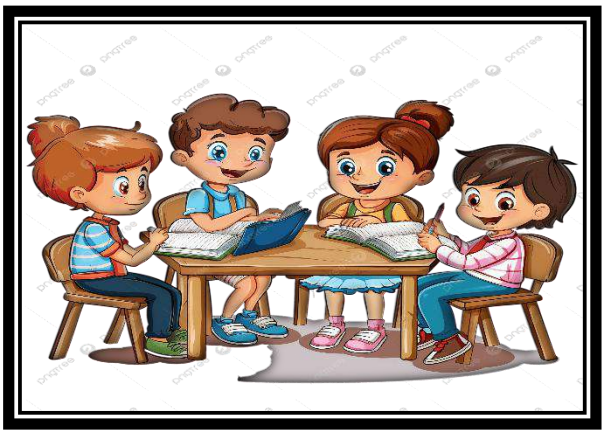
SEPTEMBER : 2026

SUBJECT- EVS

REVISION FOR HALF YEARLY EXAMINATION 2026-27

➢ SYLLABUS :

- **CHAPTER – 5 CLOTHES WE WEAR**
- **CHAPTER – 6 WE NEED SHELTER**
- **CHAPTER – 8 MY SCHOOL**
- **CHAPTER – 9 NEIGHBOURS AND NEIGHBOURHOOD**



- **REVISION IN STUDENT BUDDY**
- **WORKSHEET AS PER CHAPTER**
- **MODEL SAMPLE QUESTION PAPER**

➢ REVISION IN NOTEBOOK :

- **DIFFICULT WORDS**
- **FILL IN THE BLANKS**
- **GIVE TWO EXAMPLES**
- **ANSWER THE FOLLOWING QUESTIONS**
- **CBE QUESTIONS**
- **DRAW NAME AND COLOUR**
- **RECAPITULATION OF ALL CHAPTERS.**

Delhi Public School Gandhinagar

Academic session (2026-27)

Class: II

Study Matereial

AUGUST : 2026

SUBJECT- EVS

Ch- 8 My School



Subtopics:

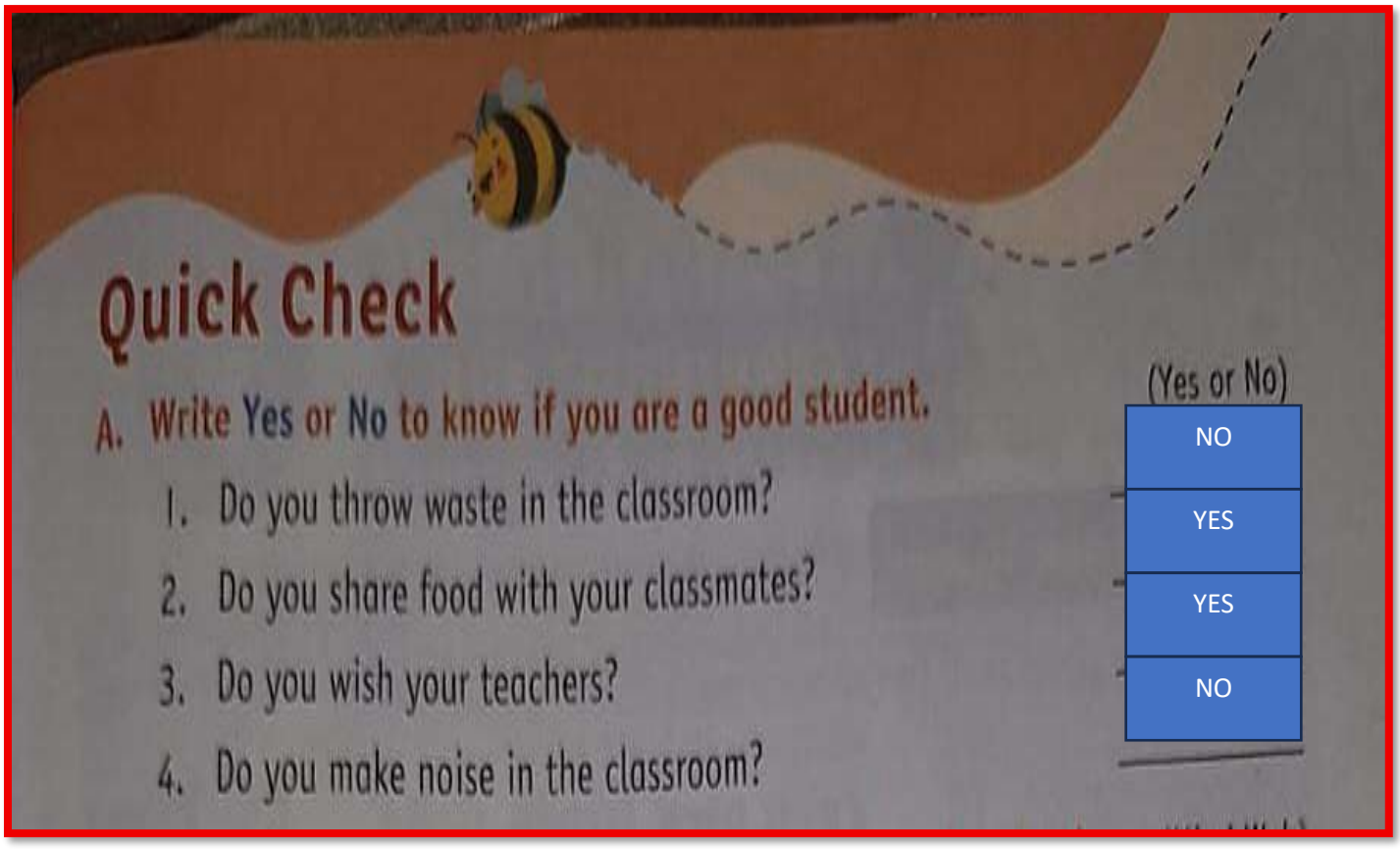
- **Learning in School**
- **Good Manners in School**
- **Celebrating together**

Text book Work

- **Reading and Explanation of Textbook page no. 47 – 50**

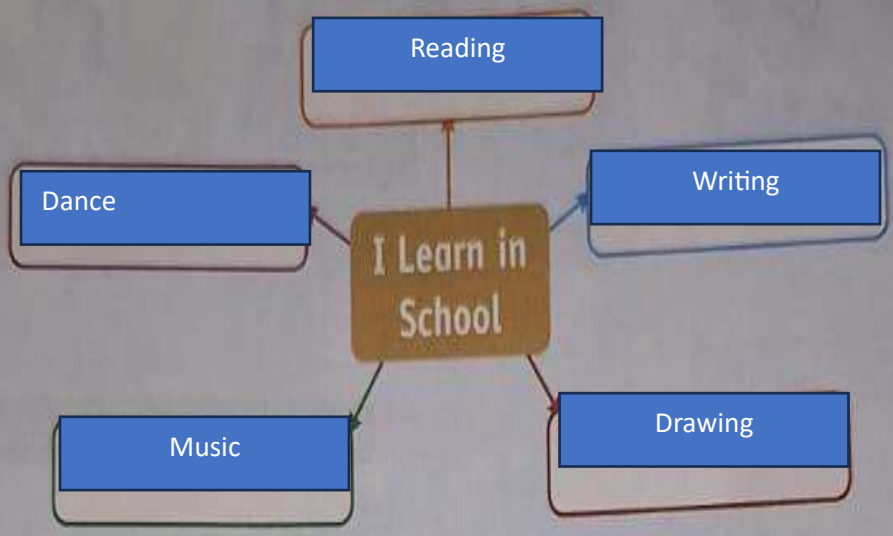
Text Book Exercise:-

Exercise on text book page no. 51.



Exercise on text book page no. 51.

B. Complete the web chart with five things you learn in school. (Mind Web)



C. Name the following places in a school. (Name Them)

1. Morning assembly takes place here. — ASSEMBLY HALL
2. We study here. — CLASSROOM
3. We learn to draw and paint here. — ART ROOM
4. We play games here. — PLAYGROUND

Note book work

I. New words.

1. manners
2. instruments
3. painting
4. singing
5. craft
6. musical
7. library
8. principal

II. Answer the following questions.

1. When do children go to the medical room?

Ans. Children go to the medical room when they feel unwell or get hurt.

2. Write any two good manners that we must follow in school.

Ans. The two good manners that we must follow in school are as follows.

(a) We should always wish our friends and teachers.

(b) We should be polite to everyone.

III. Give two examples.

1. Sports activities

Ans. a. Cricket b. Foot ball

2. Important days that are celebrated in school.

Ans. a. Teacher's Day b. Annual Day

CBE Question (Written)

1. Why should we read books quietly in the library?

Ans. We should read books quietly in a library so we do not disturb others.

CBE Questions (Oral)

1. Why should we be polite to people who help us in school?

Ans. We should be polite because they help and care for us.

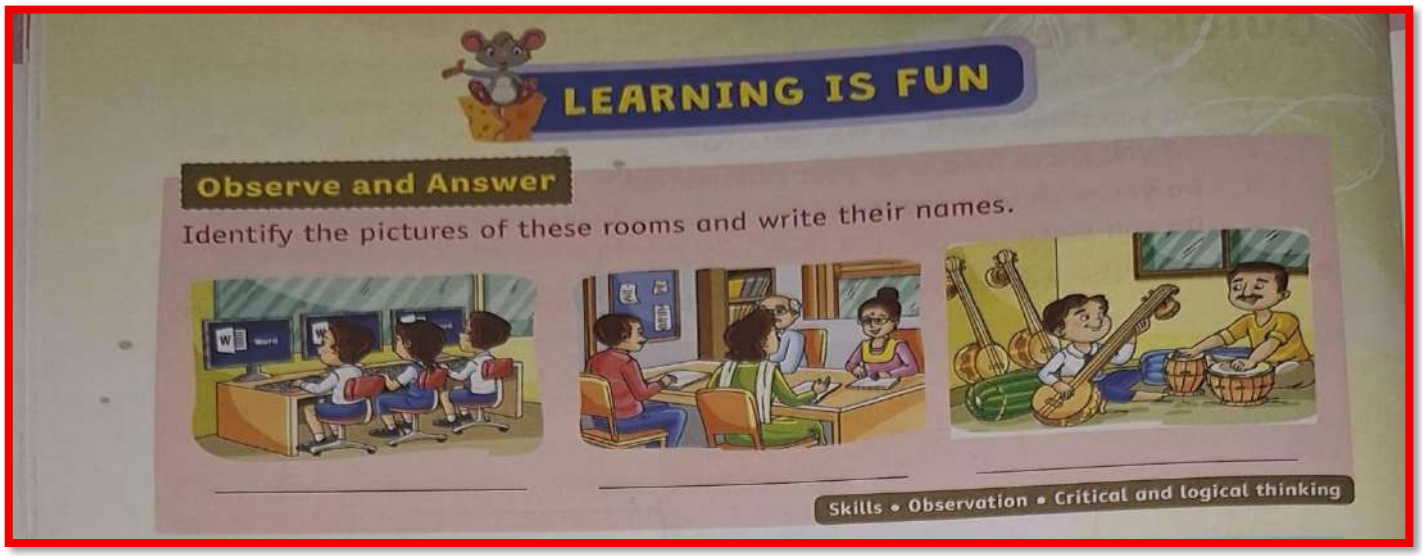
CBE Question (Observation)

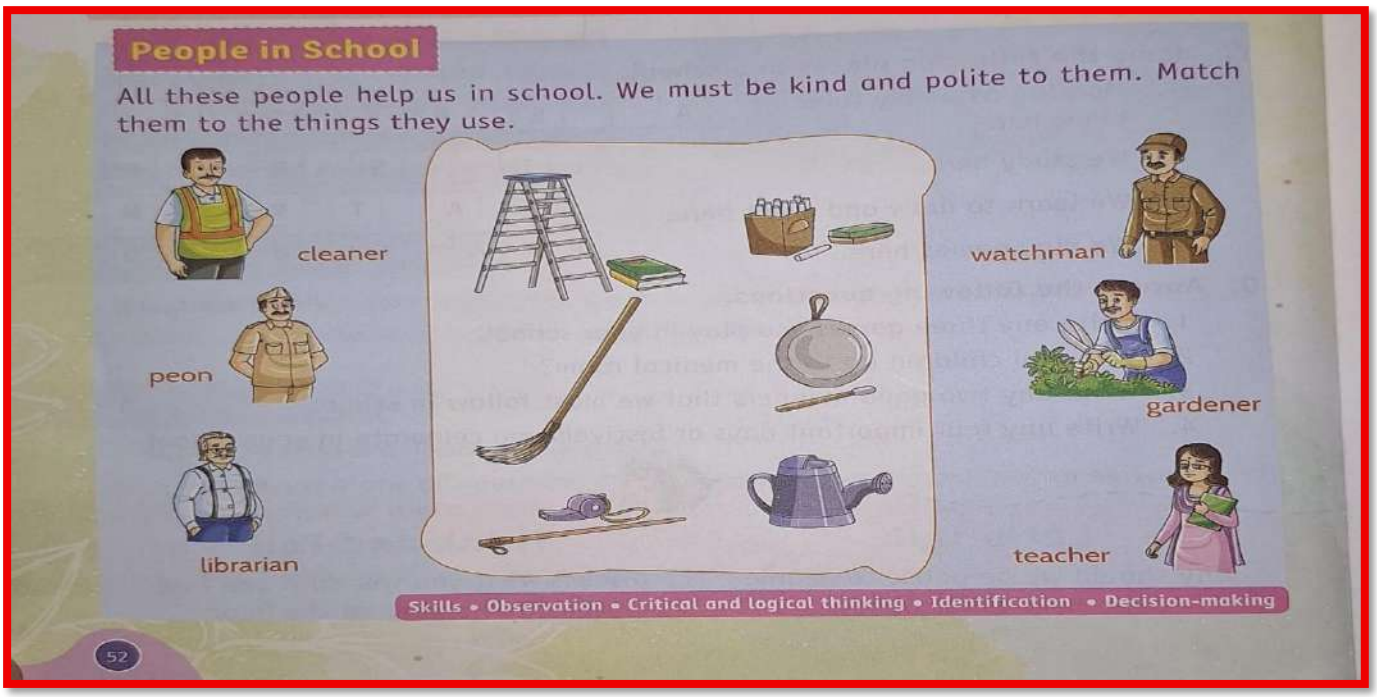
1. What will you do if you find something lying on the floor?

Ans. We will ask the people nearby if it belongs to them.

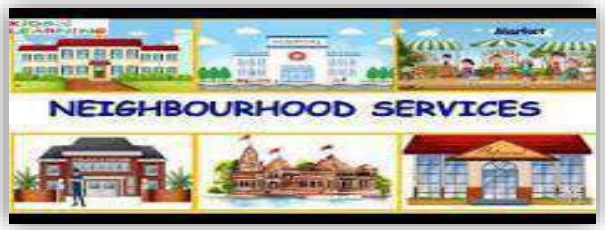
Text book page no. 52.

PRACTICE WORK





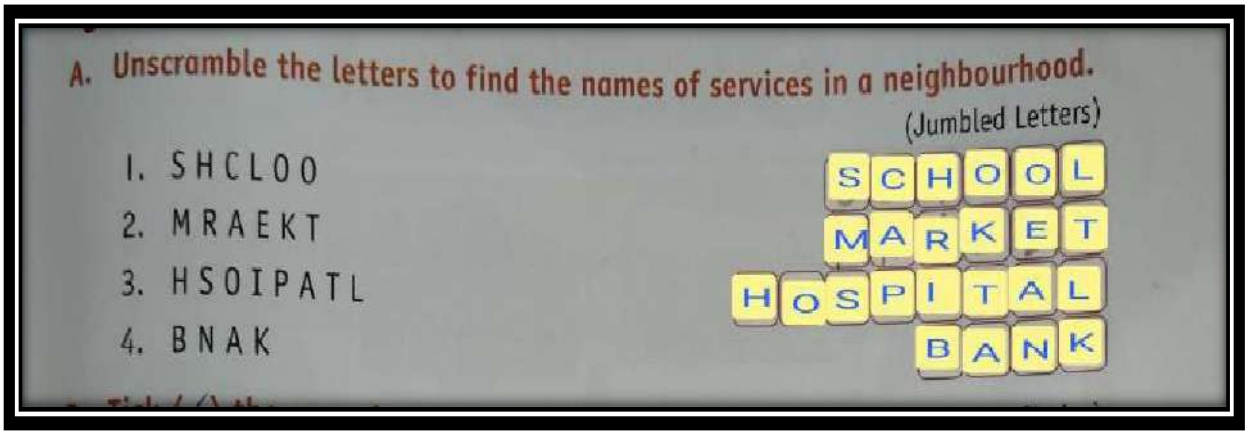
Ch-9 Neighbours and Neighbourhood



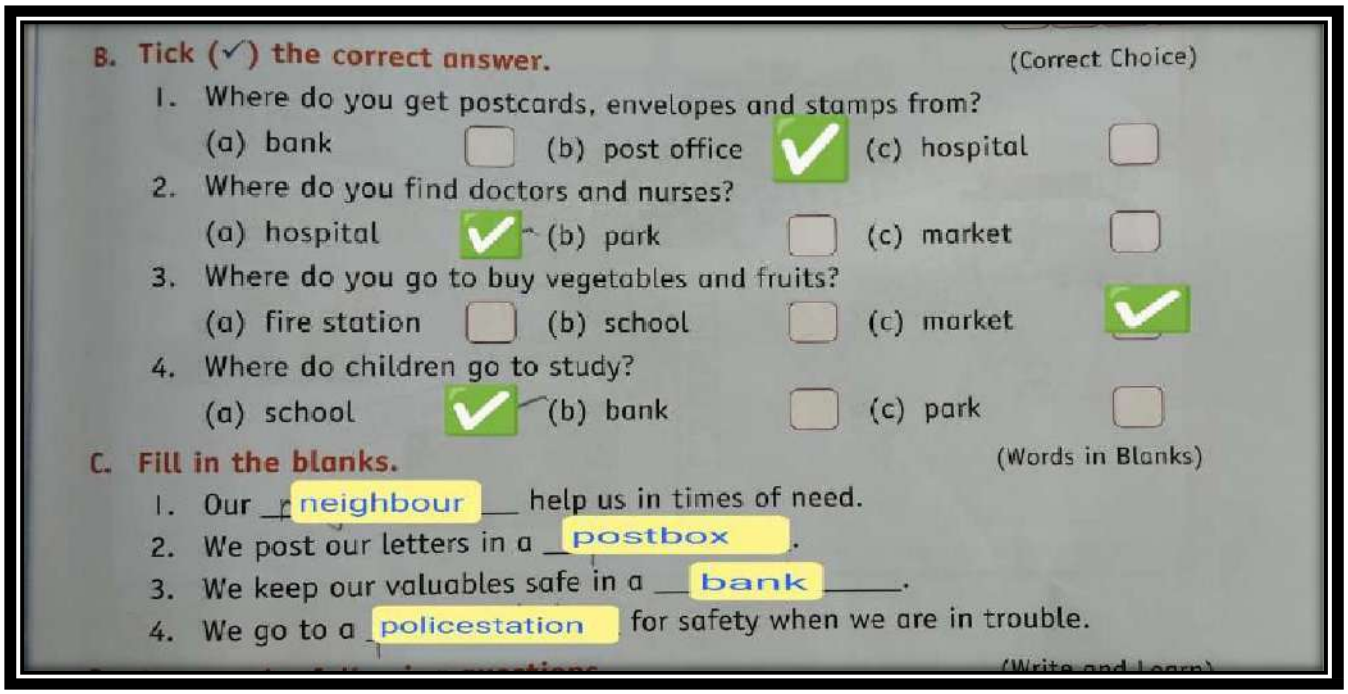
Subtopics : -

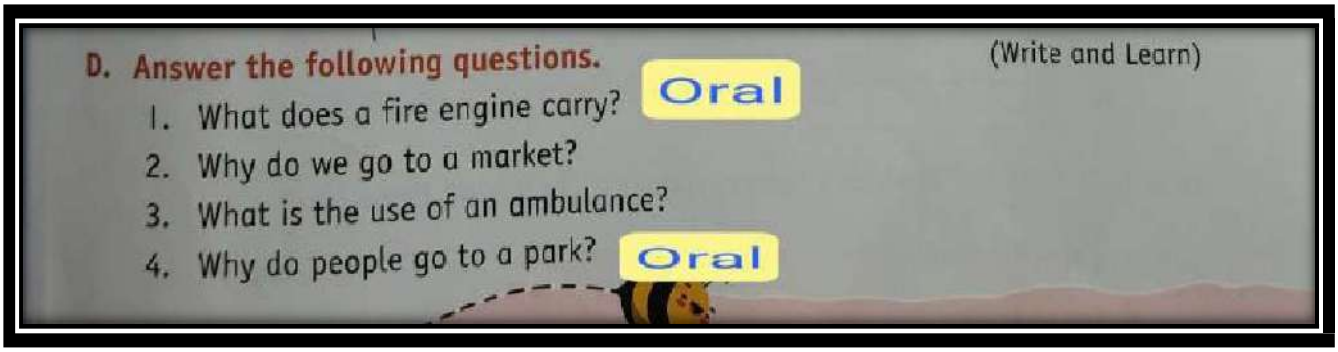
- **Neighbourhood**
- **Services in a neighbourhood**
- **Reading and Explanation of Text book Page no. 53-56**

Exercise of Pg –57



TEXT BOOK PG NO 57





Notebook work

I. New words –

1. neighbours
2. celebrate
3. occasions
4. items
5. injured
6. parcels
7. envelopes
8. valuables

II . Answer the following questions: -

1. What does a fire engine carry?

Ans. A fire engine carries water, hoses, firefighters and ladders to put out fires.

2. Why do we go to a market?

Ans. We go to a market to buy fruits, vegetables, dairy items, books, clothes and other things of daily needs.

3. Why do people go to a park?

Ans. People go to a park to walk, exercise and relax.

III . Give two examples:-

1. shops in market.

Ans. a. dairy b. grocery

2. neighbourhood places.

Ans. a. bank b. park

IV. Draw name and colour.

1. A box where we post letters. 2. A place where we go for treatment.

	
Postbox	Hospital

CBE Question (Observation)

1. Why do we go to the police station?

Ans- We go to the police station when we are in trouble

CBE Question (Oral)

1. Who are our neighbours?

Ans- The people living near our house are our neighbours.

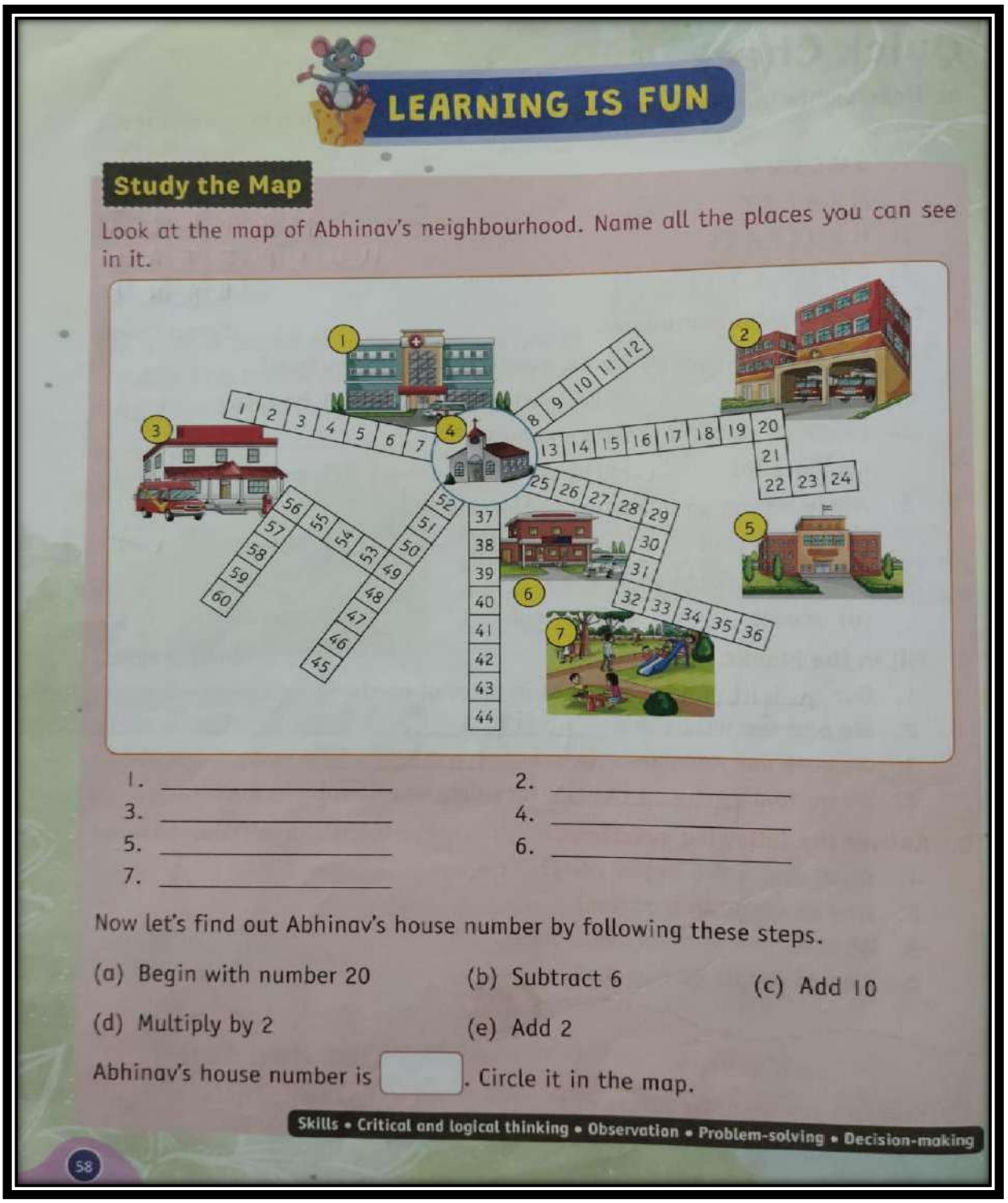
CBE Questions (Written)

1. What kind of clothes do firefighters wear?

Ans- Firefighters wear special clothes that do not catch fire.

Practice work

(Text Book pg no.58)



LEARNING IS FUN

Study the Map

Look at the map of Abhinav's neighbourhood. Name all the places you can see in it.

1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____
7. _____

Now let's find out Abhinav's house number by following these steps.

(a) Begin with number 20 (b) Subtract 6 (c) Add 10

(d) Multiply by 2 (e) Add 2

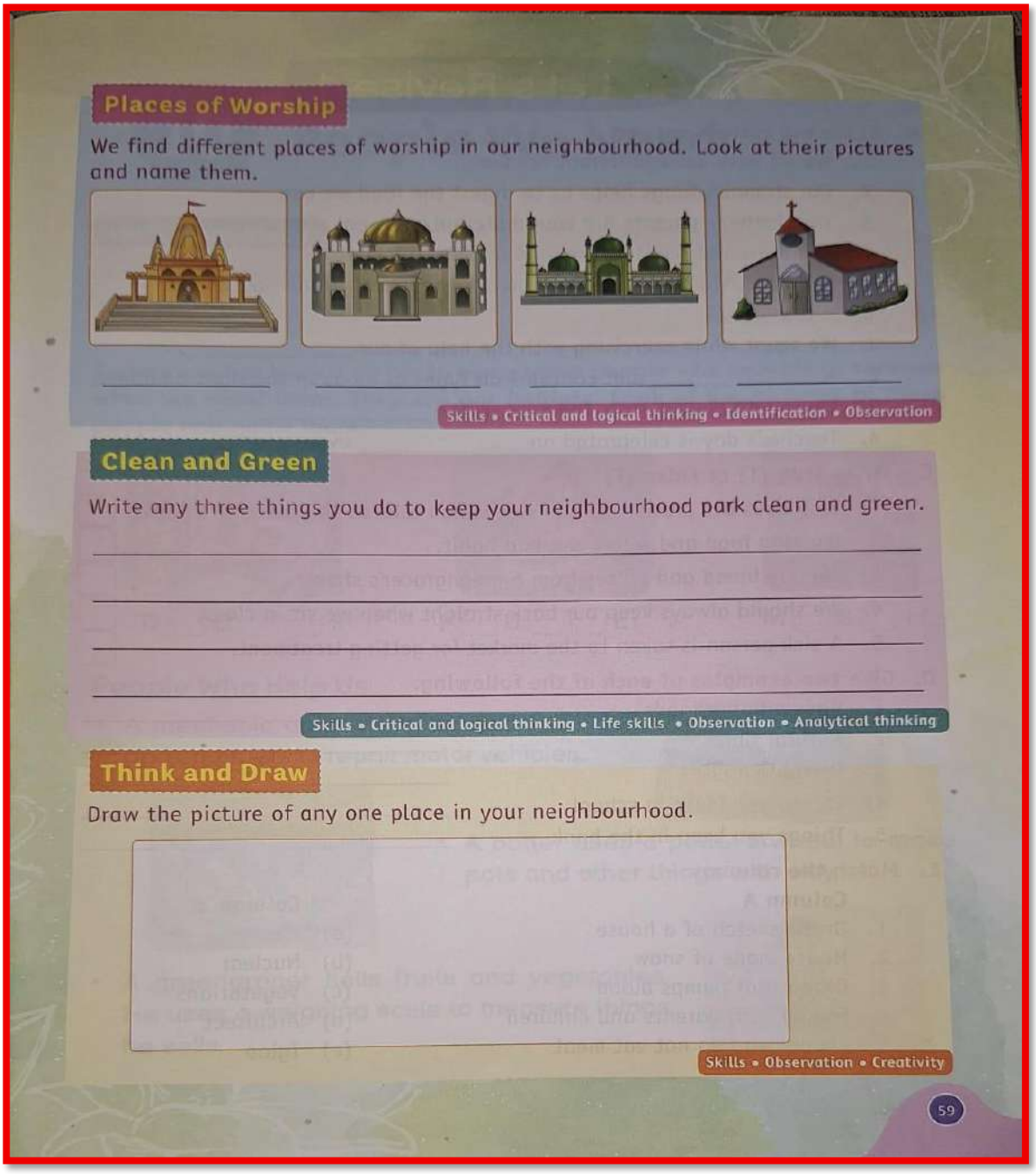
Abhinav's house number is ____. Circle it in the map.

Skills • Critical and logical thinking • Observation • Problem-solving • Decision-making

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Practice work

Textbook pg-59



Places of Worship

We find different places of worship in our neighbourhood. Look at their pictures and name them.

Skills • Critical and logical thinking • Identification • Observation

Clean and Green

Write any three things you do to keep your neighbourhood park clean and green.

Skills • Critical and logical thinking • Life skills • Observation • Analytical thinking

Think and Draw

Draw the picture of any one place in your neighbourhood.

Skills • Observation • Creativity

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Delhi Public School Gandhinagar

Academic session (2026-27)

Class: II

Study Materials

JULY : 2026

SUBJECT- EVS

Topic- **Chapter - 5 (Clothes We Wear)**

Concepts:-

- **Types of clothes**
- **Types of fibres**
- **Fibre to clothes**
- **Materials used to make clothes**
- **Special clothes**
- **Other uses of clothes**

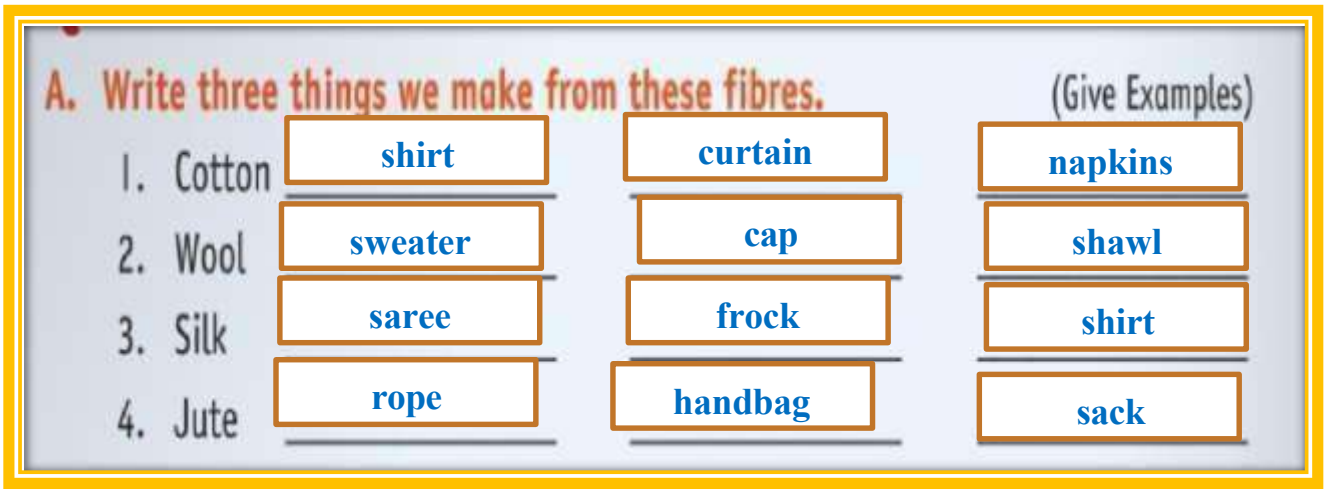


Text Book work:-

- Reading and explanation of Text book Page no. 24 to 29.

Text Book Exercise:-

- Exercise on text book page no. 30.



Page no. 30

B. Look at the uniforms and write their profession. (Uniforms of People)



doctor | pilot | sailor | Air hostess

C. Fill in the blanks.

1. Cotton clothes allow air to pass through.
2. We get silk from a silkworm.
3. We get natural fibres from plants and animals.
4. Children wear uniform to school.

Practice work

Word Search Puzzle

There are eight names of clothes hidden in the given puzzle. Find them.






C	W	F	F	A	E	A	R	S	F
A	G	R	D	I	Y	A	S	S	D
T	O	O	G	U	E	D	H	E	G
J	A	C	K	E	T	K	I	N	S
E	T	K	I	O	R	T	R	B	W
R	A	I	N	C	O	A	T	O	E
A	G	Q	D	I	U	A	M	S	A
L	K	O	H	V	S	K	I	R	T
M	C	A	P	A	E	A	R	S	E
T	O	N	G	U	R	D	F	E	R






Skills • Observation • Critical and logical thinking

Colouring Fun

Colour the summer clothes blue and the winter clothes orange.






Skills • Observation • Critical and logical thinking

Note book work

I. New words.

1. fibres
2. waterproof
3. cocoon
4. material
5. thread
6. natural
7. synthetic
8. garments

II. Answer the following questions:

1. Why do we wear woollen clothes in winter?

Ans. We wear woollen clothes in winter because they keep us warm and protect us from cold.

2. What are synthetic fibres? Give two examples.

Ans. The fibres that are man-made are called synthetic fibres.

Examples ; nylon and rayon

3. What are costumes?

Ans. Costumes are the clothes worn by people from a particular place or on a special occasion.

III. Give two examples:

1. Types of fibres

Ans. a. natural fibres b. synthetic fibres

2. Other uses of cloth.

Ans. a. curtain b. napkins

IV. Draw, name and colour:

1. Any one material use to make cloth. 2. Any one thing used to protect from rain.

	
Cotton	Raincoat

CBE Questions (Written)

A. Who am I?

1. I am worn in the rainy season to keep your legs dry.

Ans. Gumboots

2. I am a worm from where you get silk.

Ans. Silkworm

CBE Question (Oral)

1. What do you do with the clothes that do not fit you?

Ans. We give the clothes that do not fit us to the poor and people in need.

CBE Question (Observation)

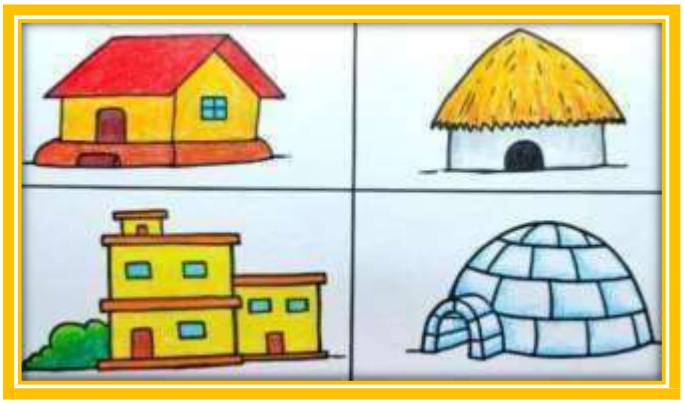
1. What will you do if you see a boy wearing only light clothes on a cold day?

Ans. I will give a jacket or a sweater to him to keep him warm.

Topic- **Chapter - 6 (We Need Shelter)**

Concepts :-

- **Types of houses**
- **Parts of a house**
- **People who build our house**
- **A good home**



Text Book work:-

- Reading and explanation of Text book Page no. 32 to 36.

Text Book Exercise

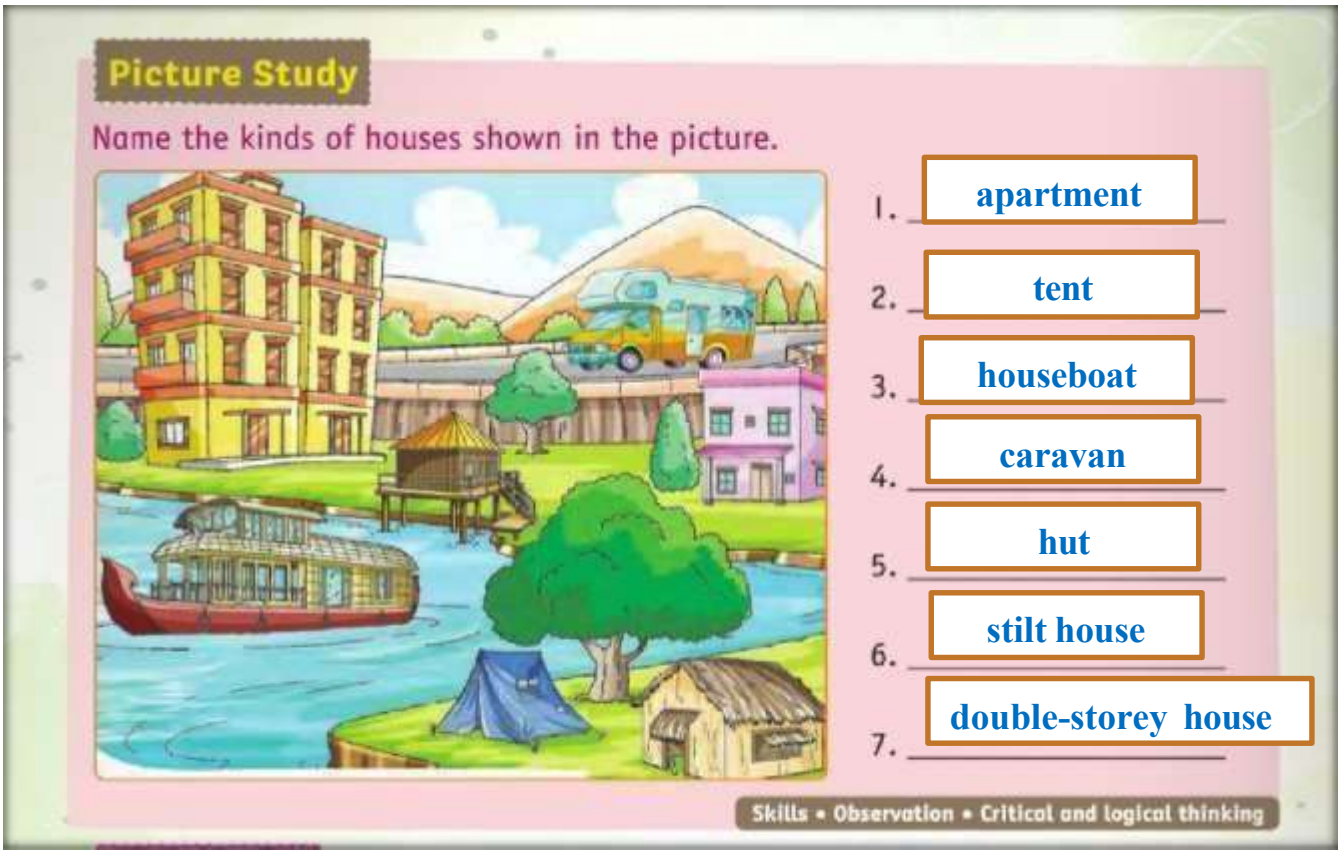
- Exercise on text book page no. 37.

A. Fill in the blanks. (Words in Blanks)

1. *Kutcha* houses are **temporary** houses.
2. Campers and soldiers live in a **tent**.
3. **Igloos** are found in extremely cold places.
4. A **plumber** fits the water pipes, sinks and taps in our house.

B. Read the clues and name the people who help to build a house. (Naming People)

1. He draws a sketch of the house. — ARCHITECT
2. He lays the bricks. — MASON
3. He makes things with wood. — CARPENTER
4. He paints the house. — PAINTER
5. He fits electrical things. — ELECTRICIAN
6. He fits the taps. — PLUMBER



Note book work

II. New words.

1. protect
2. temporary
3. plumber
4. architect
5. carpenter
6. mason
7. portable
8. surroundings

II. Answer the following questions

1.What are pukka houses?

Ans. The houses made of cement, iron, brick, steel, concrete and wood are called pukka houses.

2.What is a houseboat?

Ans. A houseboat is a portable house which floats on water.

3. Why are kutcha houses called temporary houses?

Ans. The Kutcha houses are called temporary houses because they can be broken down and rebuilt easily.

III. Give two examples.

1. Portable houses

Ans. a. tent b. caravan

2. People who build our houses.

Ans. a. mason b. architect

CBE Question (Written)

1. Name the place where you see kutcha houses.

Ans. We see kutcha houses mostly in villages.

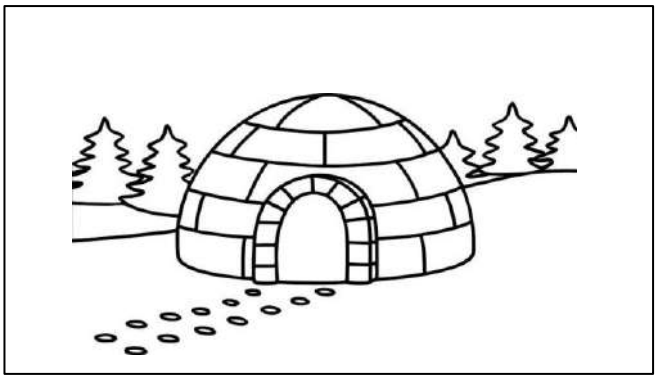
CBE Questions (Oral)

1. Why do multi-storeyed houses have lifts?

Ans. Multi-storeyed houses have lifts so that people can use them to move from one floor to another instead of climbing the stairs.

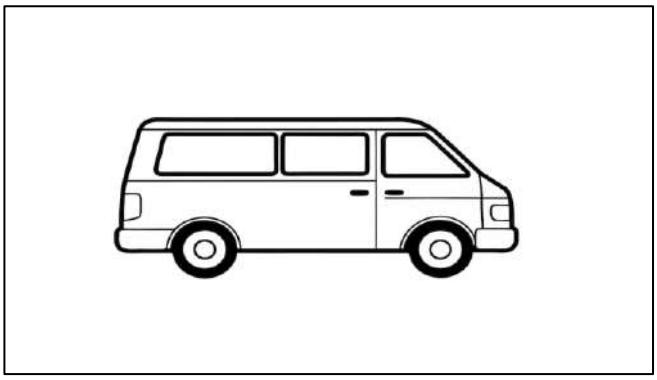
IV. Draw, name and colour.

1. **Houses found in extremely cold places.**



Igloo

2. **A portable house on wheels.**



caravan

Ch – 7 Be Safe and Healthy

ORAL



Sub topics:

- **Be safe**
- **Safety at home**
- **Safety at school**
- **Safety at road**
- **Safety in a vehicle**
- **Safety while playing**
- **Safety rules**
- **Healthy eating habits**

Text book Work

- **Reading and Explanation of Textbook page no. 39 – 44**

Delhi Public School, Gandhinagar

Academic Session (2026-27)

Class: II

Study Material

JUNE-2026

Subject: EVS

Delhi Public School, Gandhinagar
EVS Sample book work
Session 2026-27

Chapter - 3 My Wonderful Family



Concepts :-

Topic- Nuclear family

- Joint family
- How members of a family are related
- Helping each other in a family

Text Book work:-

Reading and explanation of Text book Page no. 13, 14 & 15.

Text Book Exercise: -

Exercise on text book page no. 16 & 17

Practice work

A. Tell us about your family. (My Family)

1. My father's name is _____.
2. My mother's name is _____.
3. I have a _____ (big/small) family.
4. My maternal grandfather's name is _____ and grandmother's name is _____.
5. My paternal grandfather's name is _____ and grandmother's name is _____.

B. Tick (✓) the activities you do to help your family. (Helping My Family)



watering plants ✓



dusting ✓



keeping toys in place ✓

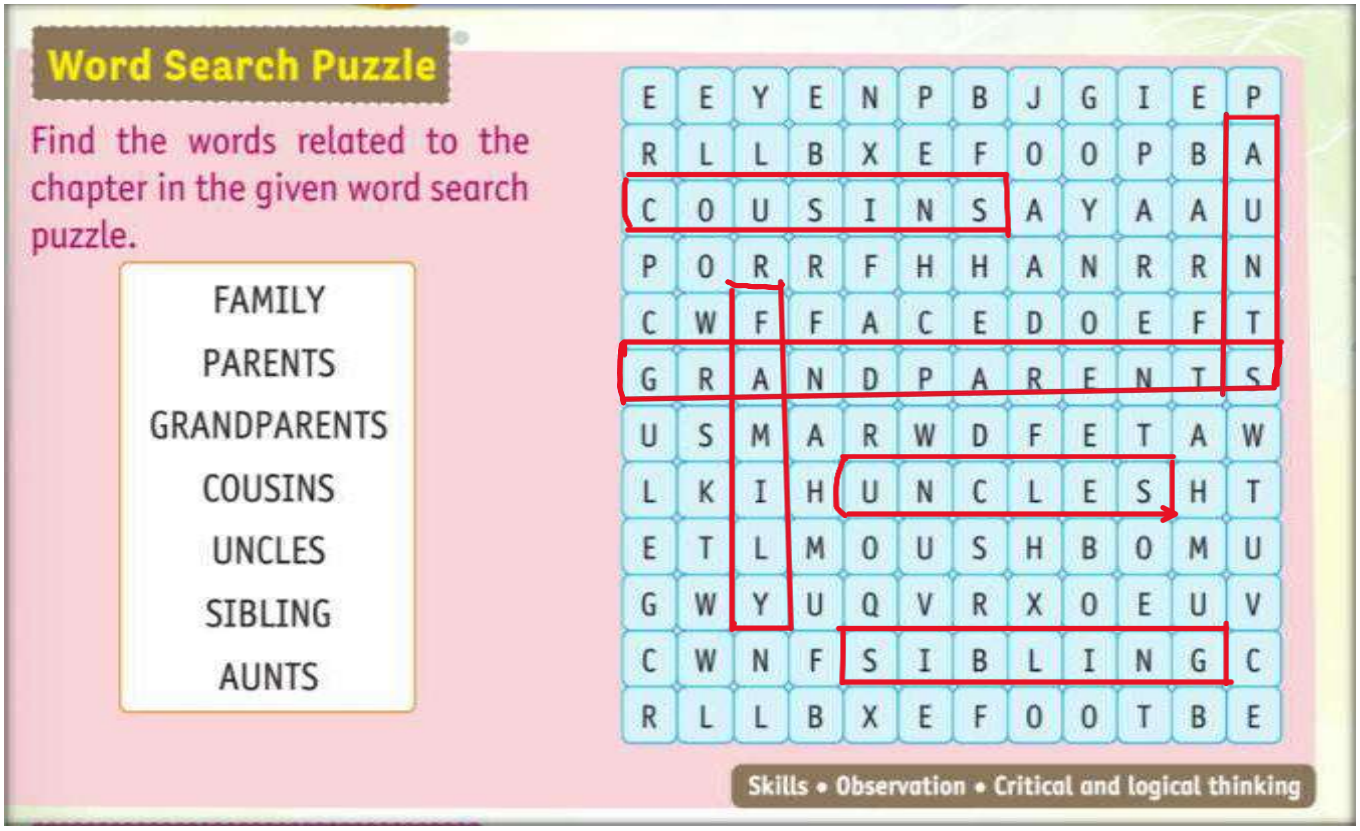
C. Write True (T) or False (F). (True or False)

1. We all live in a nuclear family. F
2. We should respect our elders. T
3. We should be rude to our family members. F
4. We should keep our house neat and clean. T
5. It is wonderful to have a loving family. T

D. Answer the following questions. (Write and Learn)

1. What is a joint family?
2. Write the names of any four relatives of yours. Also, write how they are related to you.
3. How do grandparents show their love for their grandchildren?

CBE Question



Note Book Exercise:-

I. New words: -

1. members
2. paternal
3. maternal
4. cousins
5. obey
6. elders
7. chores
8. wonder

II . Answer the following questions: -

1. What is a family?

Ans. A family is a group of people related to each other.

2. What is a nuclear family?

Ans. A family in which parents and children live together is called a nuclear family.

3. What is a joint family?

Ans. A family in which grandparents, parents, uncles, aunts, and cousins live together in the same house is called a joint family.

III. Give two examples.

1. Types of grandparents.

Ans. a. Maternal b. Paternal

2. Types of family.

Ans. a. Nuclear family b. Joint family

CBE Question (Oral)

1. What are cousins, and how are they related to you?

Ans. Cousins are the children of your aunts and uncles. They are related to you because their parents are your parents' siblings.

CBE Question (Written)

1. Mr. and Mrs. Sharma live with their son. What kind of family do they have?

Ans. Nuclear family.

Activity

A. Paste your family photograph



Delhi Public School, Gandhinagar

Academic session (2026-27)

Month: April and May

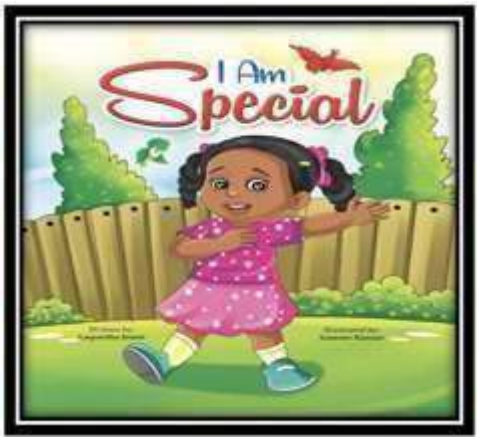
Class II

Sample Notebook

Subject: EVS



Topic: Chapter 1 (About Me)



Subtopics:

- ❖ **Self-introduction**
- ❖ **Likes and dislikes**
- ❖ **Address**

Textbook work:

- ❖ **Reading and explanation of textbook page no. 01**

Textbook Exercise: -

- ❖ **Activity on textbook page no. 02**

➢ **Rahul introduced himself. He wants to be your friend and wants to know you. Tell him about yourself. (Oral)**



Hello Rahul! I
am Soham.
I am a six-year-old boy. (girl/boy) My birthday is on 26th June.
I study at Delhi Public School in Class II.

➢ **My Family**

My father's name is Mr. Ramesh. My mother's name is Ms. Kavita.
My address is Kudasan, Gandhinagar.

➢ **This is my family photograph.**



Quick Check

(Correct Choice)

A. Tick (✓) the correct answer.

1. We become _____ as we grow.
   (a) taller ☑ (b) younger ☐ (c) shorter ☐
2. A/An _____ card gives important information about us.
   (a) identity ☑ (b) library ☐ (c) memory ☐
3. Each person is _____.
   (a) same ☐ (b) unique ☑ (c) alike ☐

(Words in Blanks)

B. Fill in the blanks with the feelings.

happy	sad	angry	scared

1. I feel happy when I go for a picnic with my family.
2. I feel angry when someone breaks my toy.
3. I feel scared when the light goes off and it gets dark.
4. I feel sad when I fall and get hurt.

(True or False)

C. Write True (T) or False (F).

1. An identity card does not have our name. F
2. Each one of us is unique. T
3. We feel the same all the time. F
4. We have different likes and dislikes. T

Let's Talk

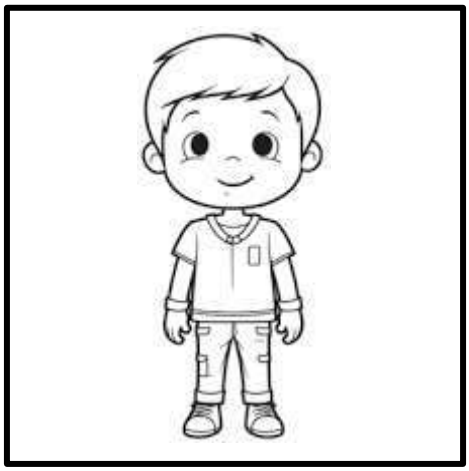
1. Which two things make you different from your parents?
2. Why should you carry your identity card to crowded places?

Think and Tell

1. Name two things that make you happy.
2. Name two things that make you sad.

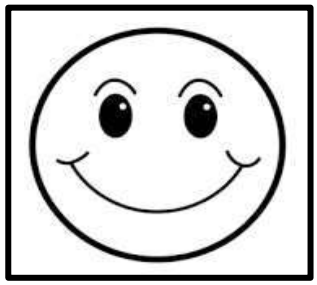
Notebook work

A. Name and paste your photograph.



B. Draw the following:

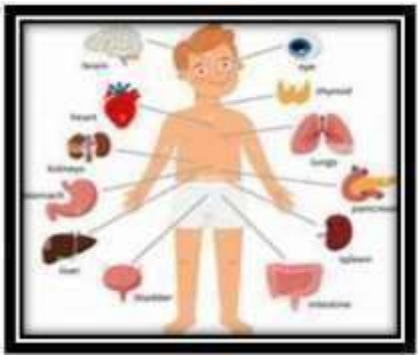
1. A happy face



2. A sad face



Topic: Lesson -2 Human Body



Concepts :

External organs
Internal organs
Sense organs
Growing older

Text Book work:-

- **Reading and explanation of Text book Page no. 05 to 10**

Text Book Exercise:-

- **Exercise on text book page no. 11 & 12**

Pg. no.11

A. Fill in the blanks with the help of the clues. (Words in Blanks)

back tongue babies brain breathe

1. Our tongue is covered with tiny taste buds.
2. Our back helps us to bend forward.
3. Our brain helps us to think and work.
4. We breathe with our lungs.
5. All humans are born as babies

B. Match the columns.

Pg. no.11

Column A	Column B
1. ears	(a) taste things
2. eyes	(b) feel things
3. skin	(c) see things
4. nose	(d) hear sounds
5. tongue	(e) smell things

ANSWER KEY: 1-d, 2-c, 3-b, 4-e, 5-a

C. Write True (T) or False (F).

Pg. no.11

	(True or False)
1. Sounds can be soft or loud.	T
2. Our hands help us to stand straight.	F
3. Nose help us to digest food.	F
4. Our neck helps us to turn our head from side to side.	T

Pg. no.12

Crossword Puzzle

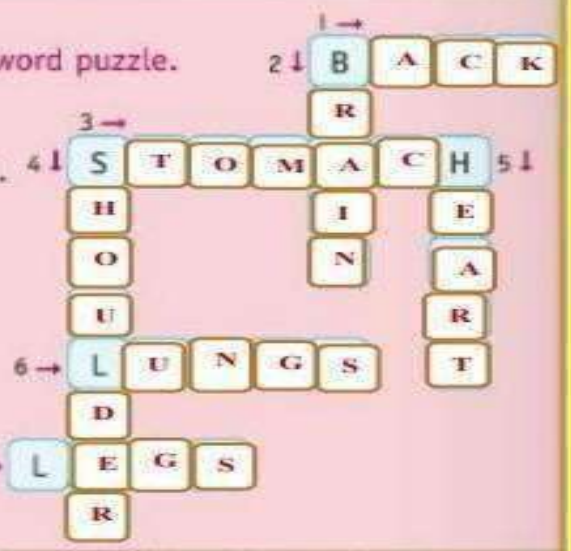
Using the given clues, fill in the given crossword puzzle.

ACROSS

1. It helps us to bend forward and backward.
3. The food we eat goes to this part.
6. They help us to breathe.
7. They help us to jog.

DOWN

2. It helps us to think and work.
4. It helps us to carry things.
5. It pumps blood to all parts of the body.



Skills • Critical and logical thinking • Identification

Notebook work

A. New words

1. activities
2. controls
3. breathe
4. squat
5. digest
6. function
7. stomach
8. heart

B. Answer the following questions:

1. How do our knees help us?

Ans. Our knees help us to bend down, squat, and kneel.

2. What is the function of taste buds?

Ans. Taste buds help us to know the taste of different flavours like sweet, sour, bitter, and salty with our tongue.

.

C. Give two examples of the following:

1. Internal organs
   a. Brain
   b. Heart

2. External organs
   a. Nose
   b. Eye

D. Draw, name and colour.

5. Any two sense organs.

	
Eye	Nose

CBE (Oral)

1. Why do you think it is important to take care of our sense organs?

Ans: It is very important to take care of our sense organs, as they help us to connect with our environment.

2. Why do we sweat a lot during summers?

Ans: Our body temperature rises during summers, and our body releases more sweat to keep it stable.

CBE (Written)

1. Which is the largest sense organ?

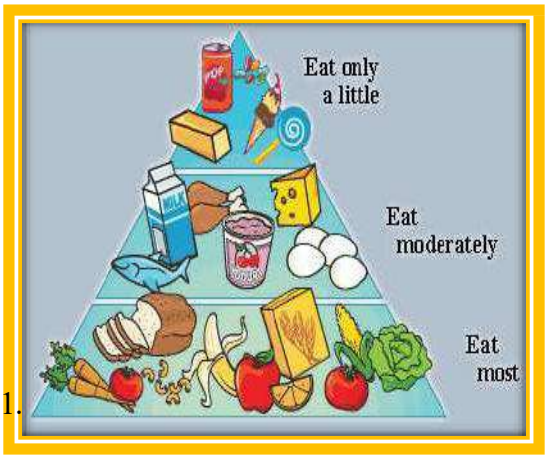
Ans: Skin is the largest sense organ.

Observation

1. Which sense organ helps us to smell?

Ans. Nose

Topic: Chapter 4 (We Need Food)



Concepts:

- Types of food
- Balanced diet
- Meals
- Golden food habits

Textbook work:

Reading and Explanation of Textbook Pages No. 18, 19, 20 & 21.

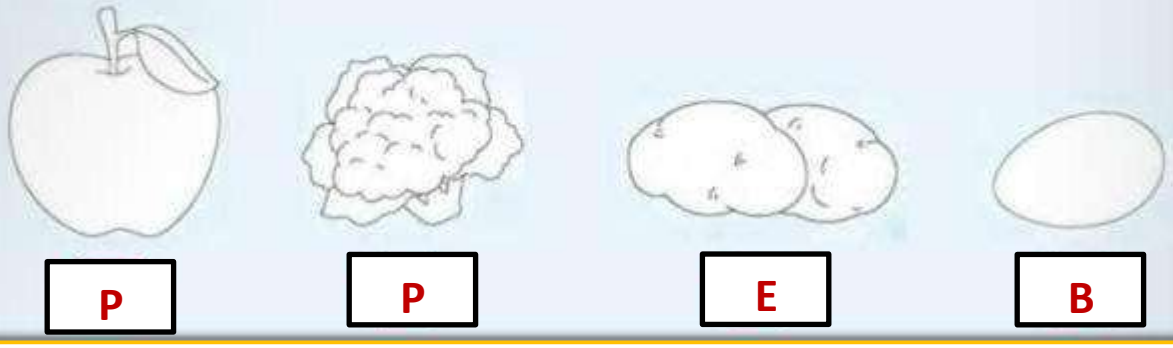
Textbook Exercise: -

Exercise on text book page no. 22

A. Circle the odd one out. (Odd One Out)

1.	butter	milk	rice	potato
2.	grains	pulses	fruits	meat
3.	fruits	vegetables	sugar	milk

B. Colour the given foods. Also, write E for energy-giving food, B for bodybuilding food and P for protective food. (Colour and Classify)



P P E B

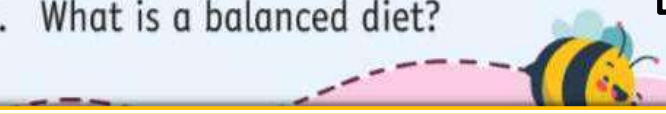
Practice work

C. Write Yes or No. (Yes or No)

1. Do you drink milk every day? _____
2. Do you eat fruits every day? _____
3. Do you drink 6–8 glasses of water every day? _____
4. Do you follow golden food habits? _____

D. Answer the following questions. (Write and Learn)

1. Why do we need food?
2. Where do we get food from?
3. Name the three types of food we eat. **Oral**
4. Why should we drink lots of water? **Oral**
5. What is a balanced diet?



Notebook Exercise: -

A. New words: -

1. sources
2. bodybuilding
3. protective food
4. balanced diet
5. muscles
6. digest
7. vegetarians
8. meal

B. Answer the following questions:

1. Why do we need food?

Ans. We need food to grow, become strong and healthy, and get energy to work and play.

2. What is a balanced diet?

Ans. A diet that includes all types of foods in the right amount is called a balanced diet. It keeps us healthy.

3. **Which are the three different types of food?**

Ans. The three different types of food are

A. Energy-giving food
B. Bodybuilding food
C. Protective food

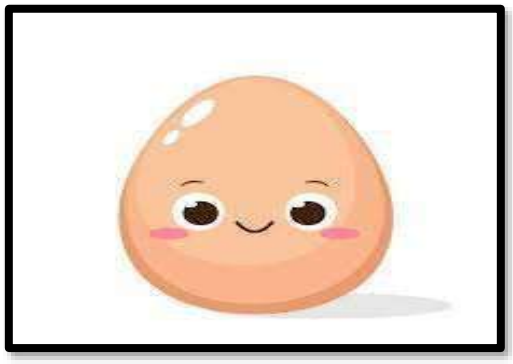
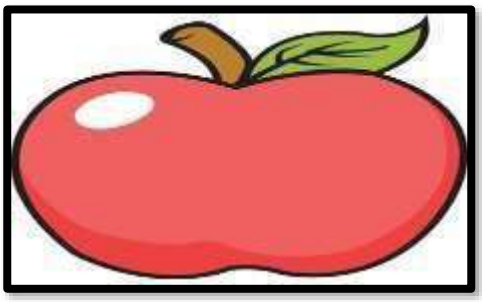
C. Fill in the blanks.

1. Energy-giving food gives us **energy** for everything we do.
2. **Chew** your food properly.
3. The small meal that we eat before dinner is called **supper.**
4. Protective food keeps us healthy and protects us from **diseases**.

D. Draw, name and colour.

1. Any one bodybuilding food.

2. Any one protective food

	
egg	apple

E. Give two examples.

1. Protective food.

a. Fruits b. vegetables

2. Energy—giving food.

a. potato b. sugar

CBE Question (Oral)

1. Why should we not eat food from roadside shops?

Ans. We should not eat food from roadside shops because it is very unhygienic and can make us sick.

CBE Question (Written)

1. Which food items do we eat without cooking?

Ans. Fruits and vegetables, salads, tubers, and nuts.

2. What makes our bones and teeth strong?

Ans. Milk makes our bones and teeth strong.