



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 26<sup>th</sup> June.

I study at Delhi Public School in Class II.

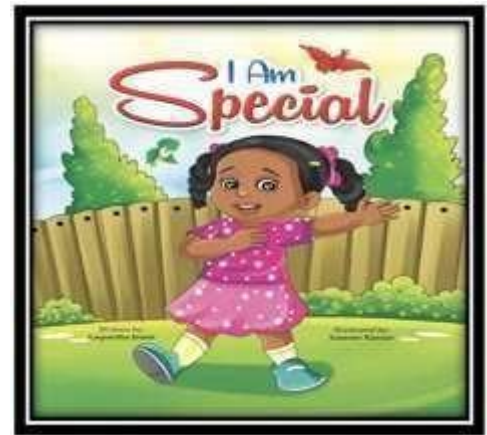


- My Family

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.

- We become \_\_\_\_\_ as we grow.  
 (a) taller  (b) younger  (c) shorter
- A/An \_\_\_\_\_ card gives important information about us.  
 (a) identity  (b) library  (c) memory
- Each person is \_\_\_\_\_.  
 (a) same  (b) unique  (c) alike

## B. Fill in the blanks with the feelings.

(Words in Blanks)

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

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

(True or False)

- An identity card does not have our name.
- Each one of us is unique.
- We feel the same all the time.
- We have different likes and dislikes.

F  
T  
F  
T



## Let's Talk

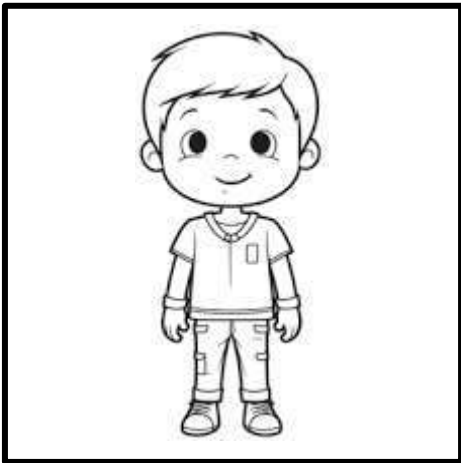
- Which two things make you different from your parents?
- Why should you carry your identity card to crowded places?

## Think and Tell

- Name two things that make you happy.
- Name two things that make you sad.

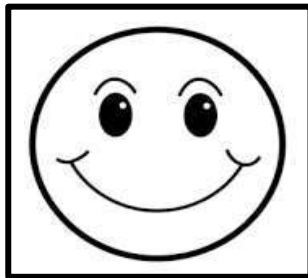
# Notebook work

**A. Name and paste your photograph.**



**B. Draw the following:**

1. A happy face



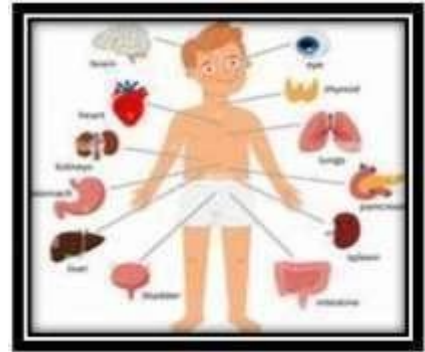
2. A sad face



## 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

1. ears
2. eyes
3. skin
4. nose
5. tongue

### Column B

- (a) taste things
- (b) feel things
- (c) see things
- (d) hear sounds
- (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.
2. Our hands help us to stand straight.
3. Nose help us to digest food.
4. Our neck helps us to turn our head from side to side.

T

F

F

T

Pg. no.12

## Crossword Puzzle

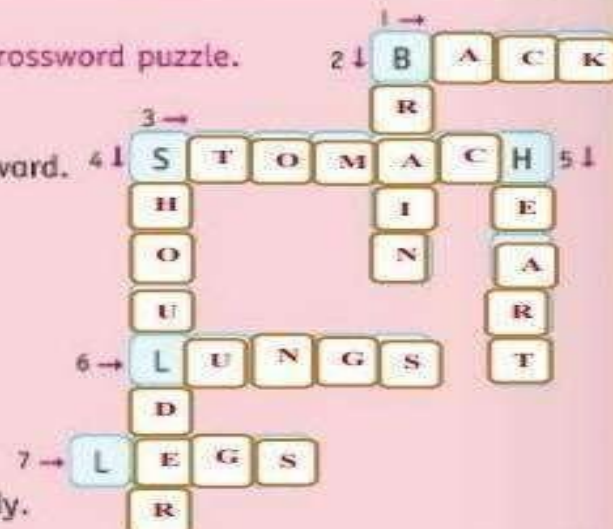
Using the given clues, fill in the given crossword puzzle.

### 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.



# 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?

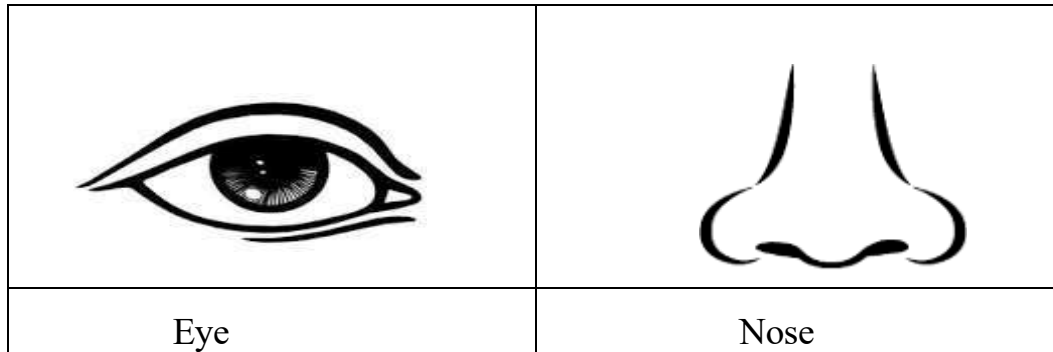
Ans. Taste buds help us to know the taste of different flavours like sweet, sour, bitter, and salty with our tongue.

## 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.



**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

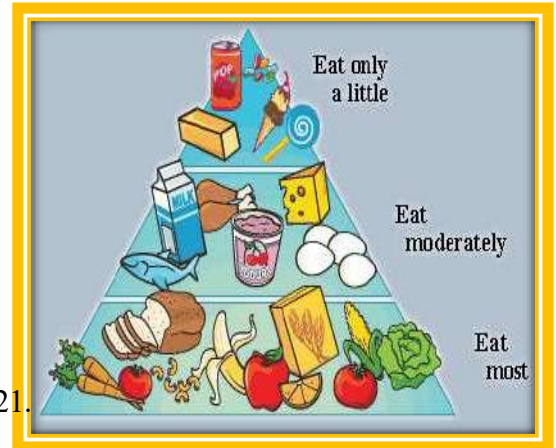
## Topic: Chapter 4 (We Need Food)

### 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 | <u>milk</u> | rice          | potato |
| 2. grains | pulses      | <u>fruits</u> | meat   |
| 3. fruits | vegetables  | <u>sugar</u>  | 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.
- 4. Why should we drink lots of water?
- 5. What is a balanced diet?

**Oral**

**Oral**

**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


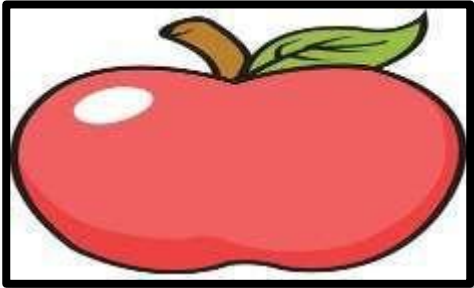
**C. Fill in the blanks.**

- 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.