

**CLASS: II**



Delhi Public School

Gandhinagar

Academic session (2025-26)

**Sample Notebook**

(For the Month of June)

**EVS**

# Delhi Public School, Gandhinagar

## EVS Sample book work

### Session 2025-26

## **Topic- Chapter - 3 My Wonderful Family**

### **Concepts :-**

- ❖ 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

**A. Tell us about your family.**

**Practice work**

(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.
2. We should respect our elders.
3. We should be rude to our family members.
4. We should keep our house neat and clean.
5. It is wonderful to have a loving family.

**F**

**T**

**F**

**T**

**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?

**Oral**

**Oral**



## CBE Question

### Word Search Puzzle

Find the words related to the chapter in the given word search puzzle.

FAMILY  
PARENTS  
GRANDPARENTS  
COUSINS  
UNCLES  
SIBLING  
AUNTS



Skills • Observation • Critical and logical thinking

### Note Book Exercise:-

#### I. New words :-

1. members
2. joint family
3. cousins
4. nuclear family
5. obey
6. children

## 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:-**



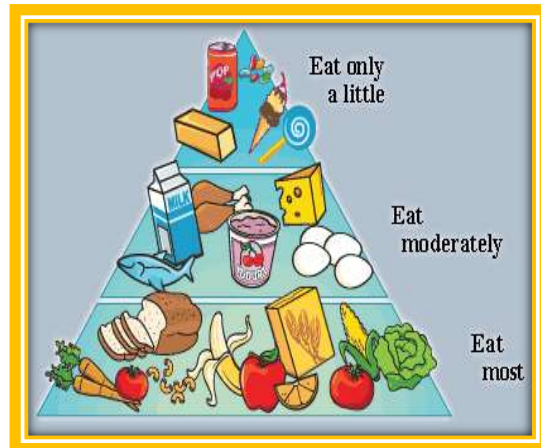
## Topic- Chapter - 4 ( We Need Food)

### Concepts :-

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

### Text Book work:-

Reading and Explanation of Text book Page no. 18, 19, 20 & 21.



### Text Book 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

### Note Book Exercise: -

#### A. New words: -

1. vegetarians
2. body building
3. protective food
4. balanced diet
5. strong
6. overeat



**B. Answer the following questions: -**

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

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

**2. Where do we get our food from?**

**Ans.** We get our food from different sources like plants and animals.

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

**Ans.** The three different types of food are:

- a. Energy – giving food
- b. Body - building food
- c. Protective food

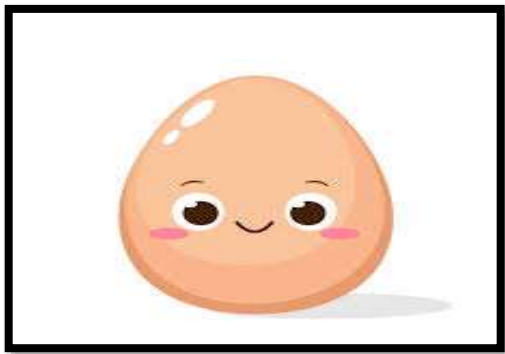
**C. Fill in the blanks.**

- 1. A diet which contains all types of foods in the right amount is called a balanced diet.
- 2. Chew your food properly.

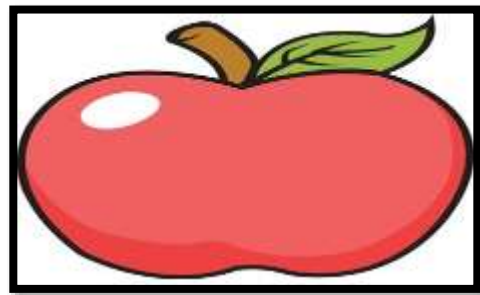
**D. Draw, name and colour.**

1. Any one bodybuilding food.

2. Any one protective food.



egg



apple

**E. Give two examples.**

1. Meals of a day.

a. breakfast      b. lunch

2. Energy - giving food.

a. potato      b. sugar

**CBE Question (Oral)**

**1. Which type of food should we eat when we are sick?**

**Ans.** When we are sick, we should eat energy – giving and easily digestible food.

**Eg:** Fruit juice.

**CBE Question (Written)**

**1. Which food items do we eat without cooking?**

**Ans.** Fruits and vegetable, salads, Tubers and nuts.



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**EVS**

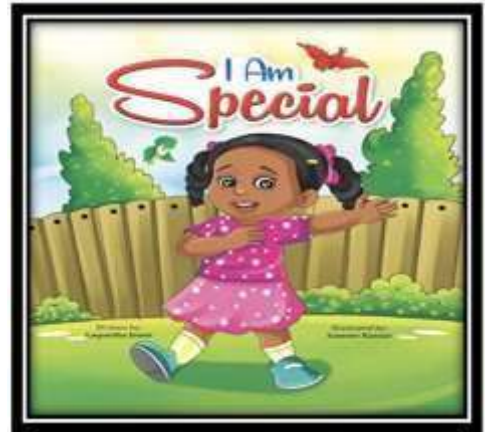
**Sample Notebook**

(For the Month of  
**April & May**)

## Topic- Chapter -1 ( About Me)

### Subtopics:-

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



### Text Book work:-

- ❖ Reading and explanation of Text book Page no. 01

### Text Book Exercise:-

- ❖ Activity on text book 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 in 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.

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

(True or False)

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

F  
T  
F  
T



## Let's Talk

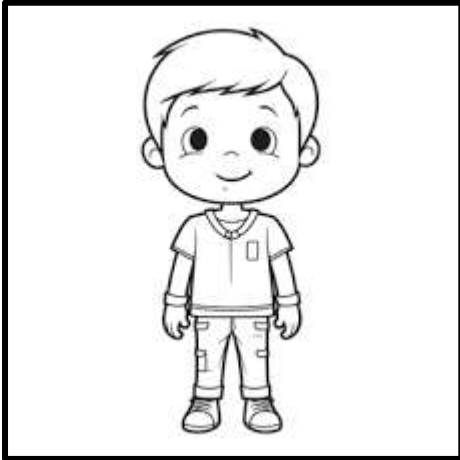
1. Which two things make you different from your parents?
2. Why should you carry your identity card to crowded places?

## Think and Tell

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

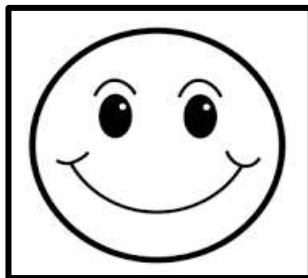
## Note book work

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



**B. Draw the following:**

1. A happy face



2. A sad face



## Topic : Lesson -2 Human Body

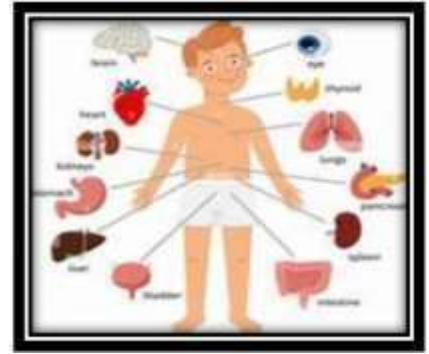
### Concepts :-

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)**

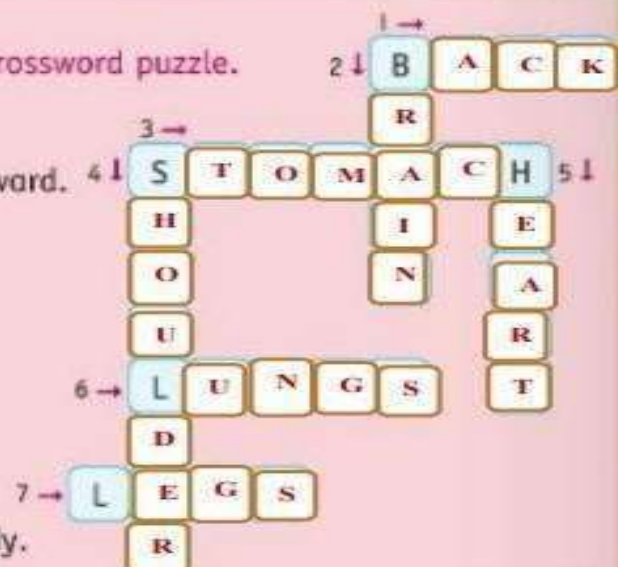
1. Sounds can be soft or loud.
2. Our hands help us to stand straight.
3. Nose help us to digest food.
4. Our neck helps us to turn our head from side to side.

**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.

**Skills • Critical and logical thinking • Identification**



## Note book work

### A. New words

1. together
2. shoulders
3. organs
4. tongue
5. digest
6. stomach

### B. Answer the following questions:

1. What help us to stand straight?

Ans. Our back helps us to stand straight.

2. Name five sense organs.



Ans. The five sense organs are tongue, eyes, nose, skin and ears.  
(TENSE)

### C. Give two examples of the following:

1. Internal organs
  - a. Brain
  - b. Heart
2. External organs
  - a. Nose
  - b. Eyes

### D. Draw, name and colour.

1. 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. They help us to see, smell, hear and taste.

### **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