



Delhi Public School Gandhinagar
Academic Session(2022-23)

Class II

Sample Notebook

Subject:

**EVS for
June Month**

Month – June

AIL/SEA – Play with grains and spices

Materials Required- 2 different type of grains, 2 different type of spices, small plastic cover, stapler, fevicol and colour pencils.

Description:

Take any A4 size coloured paper. Take any two grains and two spices and put it into the transparent plastic bag. Attach all the four bags with stapler pins on paper. Write down their names and one quality or uses.

CHAPTER-4 FOOD WE EAT

Textbook Exercise

(A) Answer the following questions -

1. What is a balance diet?

Ans – Balance diet includes the right amount of food from each food group.

2. What do we call the food that gives us energy?

Ans – We call it as energy giving food.

3. Who is a non-vegetarian?

Ans – A person who eats eggs, seafood and meat.

4. What is a meal? Name the three main meals.

Ans- A meal is the food we eat. The three meals are – breakfast, lunch and dinner.

5. Why do we need water?

Ans- We need water to digest food and flushes out the wastes from our body.

(B) Write True or False.

1. It is healthy to eat food from roadside shops.

False

2. We eat some vegetables raw.

True

3. We must chew our food properly.

True

4. It is not important to rinse our mouth after meal.

False

5. We should not over eat. It can make us unwell.

True

(C) Circle the odd one out.

1. rice

potato

vegetable

sugar

2. fruits

pulses

eggs

meat

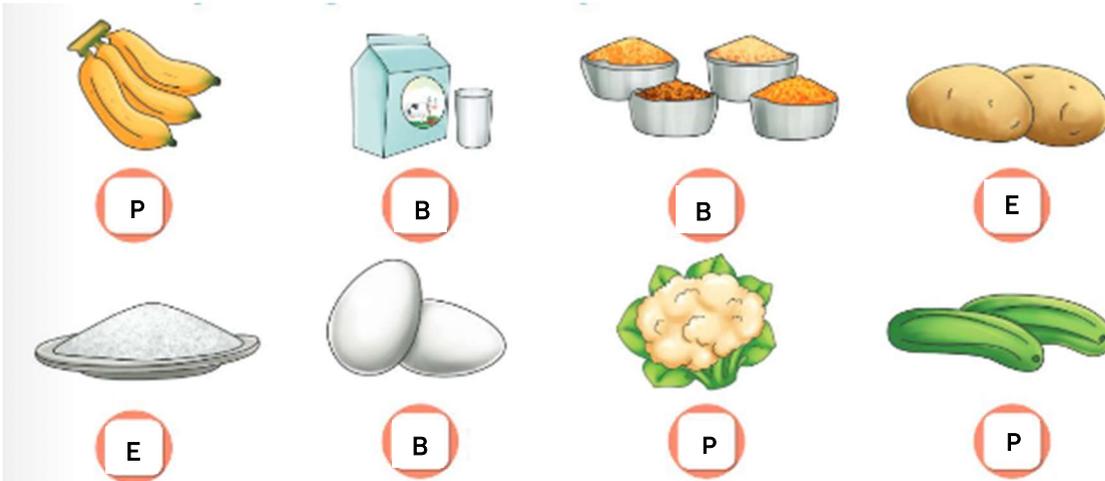
3. milk

seafood

fruits

vegetables

(D) Some food items are given below. Write E for energy giving food, B for body building food and P for protective food.



Notebook Exercise

Ex-I. New words.

- | | |
|-----------------|--------------|
| 1. balance diet | 6. breakfast |
| 2. healthy | 7. brunch |
| 3. energy | 8. digest |
| 4. muscles | 9. afternoon |
| 5. vegetarian | 10. Dinner |

Ex- II. Who am I?

1. I help to flush the wastes from the body.

Ans. Water

2. I eat meat, eggs and seafood.

Ans. Non-vegetarian

3. I am the early morning meal.

Ans. Breakfast

4. I am the food which gives you energy.

Ans. Energy-giving food

Ex- III. Give two examples.

1. Any two protective food.

Ans – Mango, Banana

2. Any two spices.

Ans – Cumin, Turmeric

3. Any two food we get from animals.

Ans – Honey, Milk

4. Any two sources of food.

Ans – Plant, Animal

Ex- IV. Answer the following questions.

1. What do you mean by energy giving food? Give two examples.

Ans – Food that gives us energy is called energy giving food. Eg. – rice, butter.

2. What is body-building food? Give two examples.

Ans – Food that help our bones and muscles to grow strong are called body-building food.

Eg. – milk, eggs

3. What is protective food? Give two examples.

Ans – Food that protect us from diseases and remain healthy is called protective food. Eg. - mango, cherry

4. What is a brunch?

Ans – Brunch is a meal that we eat late in the morning in place of breakfast and lunch.

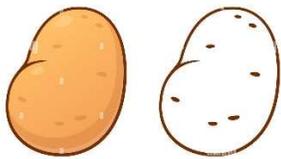
5. Write any three ‘Golden Food Habits’.

Ans – The three ‘Golden Food Habits’ are given below.

- a) Wash hands before and after meals.
- b) Do not overeat.
- c) Do not waste food and water.

Ex V. Draw, label and colour the following.

1. Any two energy-giving food.

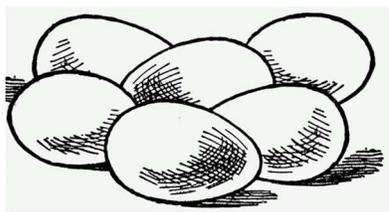


Potatoes



Butter

2. Any two body-building food.



Eggs

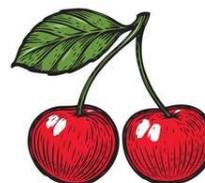


Grains

3. Any two protective food.



Mango



Cherry

AIL/SEA – Fantastic Fibres

Materials Required: Scrape book, pencil, colour pencil, 4 different types of fibres, stapler.

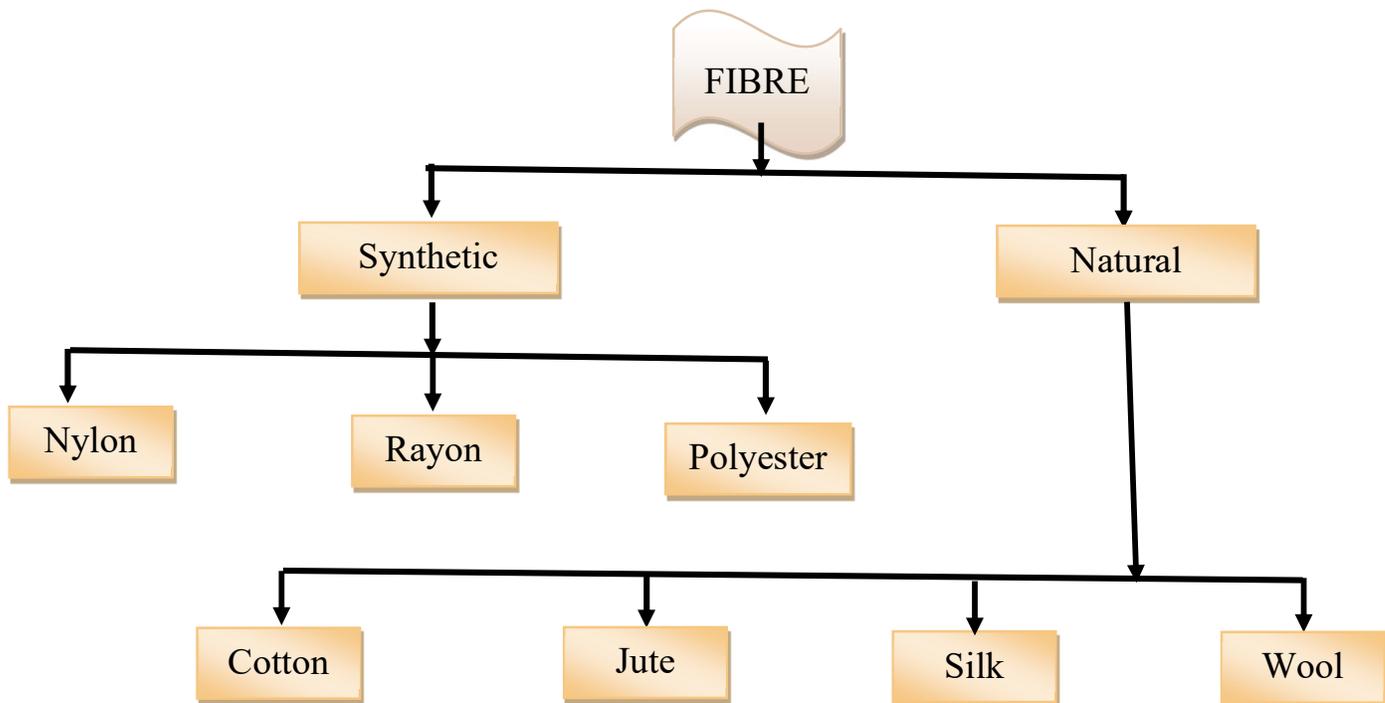
Description:

Take A4 size coloured paper. Cut four different types of clothes materials and staple them on the paper. Write their names and two things made by the particular fibre. (E.g. Cotton, Woolen, Silk, Jute)

CHAPTER-5 CLOTHES WE WEAR

Textbook Exercise

A. Complete the flow chart.



B. Number the pictures in the correct order.



3



1



4



2

2.



1



3



2



4

3.



4



1



3



2

C. Write three things we make from these fibres.

1. Cotton - Shirts

Pants

Skirts

2. Wool - Caps

Sweaters

Jackets

3. Silk - Ties

Blouses

Sarees

4. Jute - Rope

Handbag

Gunny bag

D. Look at their uniforms and write their professions.



Air hostess



Car mechanic



Piolet



Sailor

E. Answer the following questions.

1. Why do we wear clothes?

Ans. – We wear clothes to protect ourselves from heat, cold, rain and insects.

2. Why do we wear cotton clothes in summer?

Ans. – They keep our body cool and absorb sweat.

3. From where do we get wool?

Ans. – Wool comes from the hair on the body of sheep.

4. Name the two types of fibres.

Ans. – Synthetic fibre and natural fibre.

5. From where do we get natural fibre?

Ans. – We get natural fibre from plants and animals.

Notebook Exercise

Ex-I New words

- | | |
|---------------|--------------|
| 1. clothes | 6. synthetic |
| 2. protect | 7. natural |
| 3. insect | 8. fibre |
| 4. woollen | 9. thread |
| 5. waterproof | 10. yarn |

Ex-II Tick the correct answer.

1. We wear cotton clothes in (winter/summer[✓]).
2. (Synthetic[✓]/Natural) fibres are man-made.
3. We should always wear (clean[✓]/dirty) clothes.

Ex-III Answer the following questions.

1. Why do we wear woollen clothes in winter?

Ans – We wear woollen clothes in winter to keep ourselves warm.

2. How silk cloth is made?

Ans – Silk cloth is made from silk fibre which we get from silkworm.

3. Write the names of two people who wear uniform.

Ans – Students and piolets are the two people who wear uniform.

4. Which plant is grown to make cotton clothes?

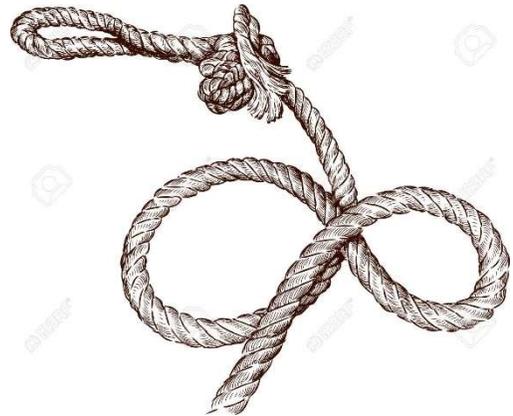
Ans – The cotton plant is grown to make cotton clothes.

Ex-IV Draw any two things made from jute. Label and colour them.

Gunny bag



Rope





Delhi Public School Gandhinagar
Academic Session(2022-23)

Class II

Sample Notebook

Subject:

EVS

Delhi Public School, Gandhinagar
Academic Session 2022-23
Class – 2 EVS Sample Book

CHAPTER-1 MYSELF

Textbook Exercise

(A) All about Myself

1. My name is Prem Sharma.
2. I am seven years old.
3. My father's name is Mr. Ajay Sharma.
4. My mother's name is Mrs. Tina Sharma.
5. I study in class 2 A.
6. My class teacher's name is Ms. Tiya Shah.
7. My school's name is Delhi Public School, Gandhinagar.



Notebook Exercise

Ex-I. Write myself in notebook.

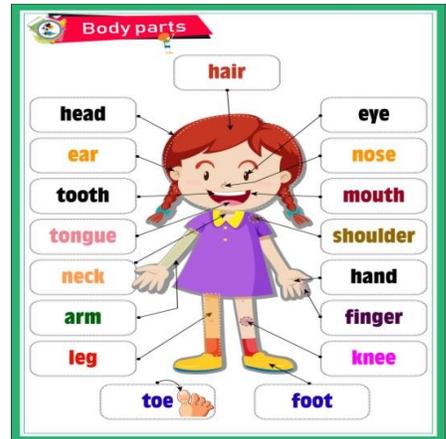
1. My name is Anu Shah.
2. I am a girl.
3. I am seven years old.
4. I study in class 2 A.
5. The name of my school is Delhi Public School, Gandhinagar.

6. The name of my class teacher is _____.
7. I live in Ahmedabad city.
8. My father's name is Mr. Rohit Shah.
9. My mother's name is Mrs. Aarna Shah.
10. The address of my house is B-18, Asha Society, Motera, Ahmedabad.
11. I like to play badminton.
12. My favourite food is dal and rice.

Textbook Exercise

A. Fill in the blanks.

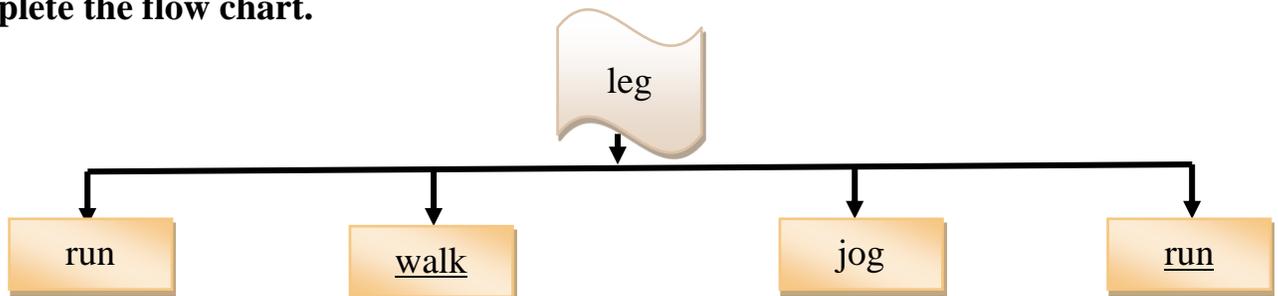
1. Our body is made of a number of parts.
2. We use our shoulders and arms to carry things.
3. Eyes, nose, tongue, ears and skin are our sense organs.
4. We are born as babies.



B. Number the pictures in the correct order.

1	 2	 4	 1	 3
2	 4	 3	 2	 1
3	 1	 1	 2	

C. Complete the flow chart.



D. Cross (×) the odd one out.

1		× 		
2				× 
3				× 
4		× 		

E. Answer the following questions.

1. Write three things that we do with our hands.

Ans. hold write eat

2. Write three things that we do with the help of our knees.

Ans. bend down squat kneel

3. How does our neck help us?

Ans. Our neck helps us to turn our head from side to side.

Notebook Exercise

Ex-I New words

- | | |
|--------------|----------------|
| 1. human | 6. forward |
| 2. throw | 7. backward |
| 3. shoulders | 8. sapling |
| 4. straight | 9. sense organ |
| 5. kneel | 10. squat |

Ex-II Who am I?

- | | |
|----------------------------------|------------------|
| 1. I help you to taste. | <u>Tongue</u> |
| 2. I can make a whole tree. | <u>Seed</u> |
| 3. I help you to carry the bags. | <u>Shoulders</u> |
| 4. I help you to eat. | <u>Hand</u> |
| 5. I help you to smell. | <u>Nose</u> |

Ex-III Write true or false and justify your answer for the false statements.

1. Brain helps us to feel different things.

Ans. False, we use our brain to think.

Or False, we use our skin to feel.

2. Our legs help us to walk, run, dance and kick different things.

Ans. True

3. We use our shoulders to smell different food.

Ans. False, we use shoulders to carry things.

Or False, we use our nose to smell different foods.

4. We are born as a baby, then we grow up as old .

Ans. False, We are born as a baby, we are grow up to be a girl / boy.

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

Ans. True.

Ex-IV Answer the following questions.

1. How does our back help us?

Ans. Our back helps us to stand straight and to bend forward and backward.

2. How does our tongue help us?

Ans. Our tongue helps us to taste sour, bitter, sweet and salty things.

3. What do you mean by external organs? Give two examples.

Ans. The organs that are present outside the body and help to sense and protect internal organs are known as external organs. Examples: eyes, ears.

4. What do you mean by internal organs? Give three examples.

Ans. The organs that are present inside our body and perform various functions are known as Internal organs. Examples: lungs, brain.

Textbook Exercise

(A) 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 nuclear family has only parents and children.

3. What is a joint family?

Ans: A joint family has grandparents, uncles, aunts and cousins living together in the same house.

4. Write two ways in which you help your family?

Ans: The two ways in which we help our family are-

We help everyone at home in work.

We keep our books and toys at its proper place.

(B) Write Yes or No .Then write the correct answer wherever needed:

- | | | |
|-------------------------------------|------------------------------|-----------------------------|
| 1. Mother's brother is grandfather. | <input type="checkbox"/> No | <u>Uncle</u> |
| 2. Parent's parents are cousin. | <input type="checkbox"/> No | <u>Grandparents</u> |
| 3. Father's brother is uncle. | <input type="checkbox"/> Yes | <u> </u> |
| 4. Mother's sister is grandmother. | <input type="checkbox"/> No | <u>Aunt</u> |
| 5. Uncle's children are parents. | <input type="checkbox"/> No | <u>Cousin</u> |
| 6. Uncle's wife is aunt. | <input type="checkbox"/> Yes | <u> </u> |

(C) Who did the right thing? Put a tick (√) or a cross (×).

1. Did you wish your family 'Good morning' today?

Zoha: Yes I did



Ali: No I forgot.



Sona: I never wish them.



2. How did you help your grandmother who is ill?

Paul: I read the newspaper to her.



Tanya: I spent the day playing.



Kapil: I gave her medicine and spent time with her.



3. How did you help your mother today?

Sandeep: I helped her in cooking and watered the plants.



Vivek: I watched cartoons on T.V.



Shweta: I helped her clean the fridge.



(D) Paste or draw pictures of your family members in the photo frame.

