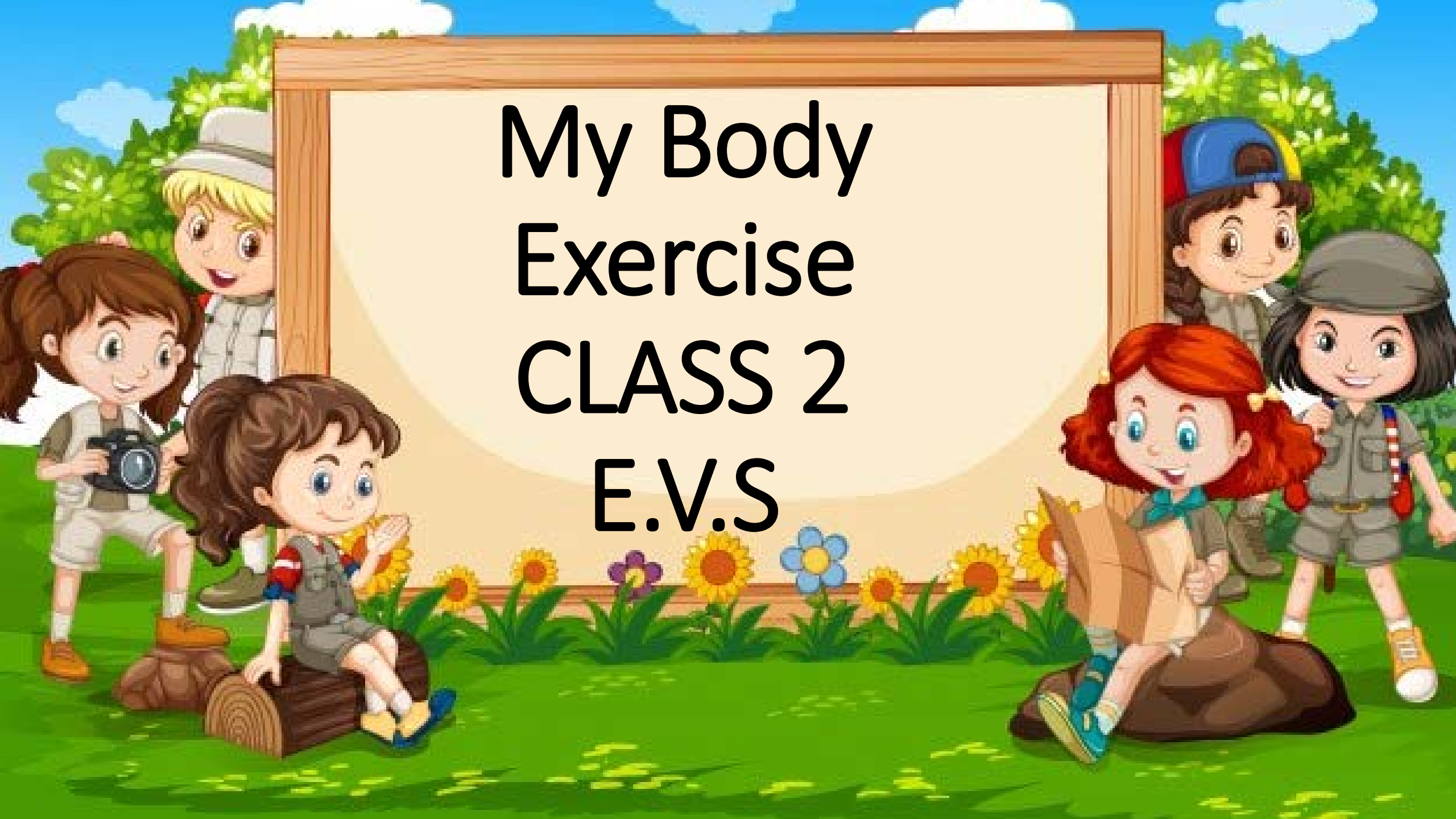
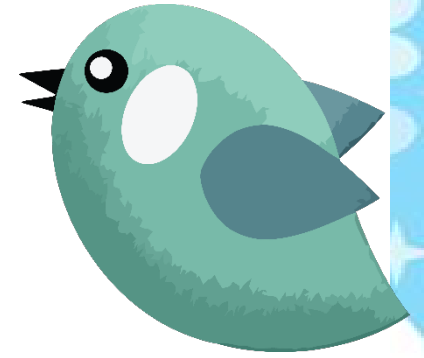
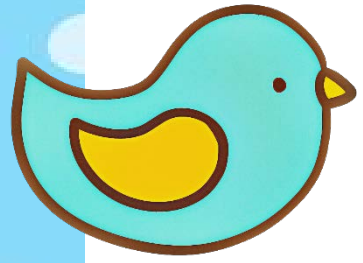


My Body Exercise CLASS 2 E.V.S

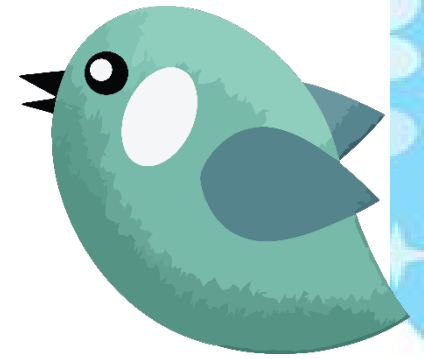
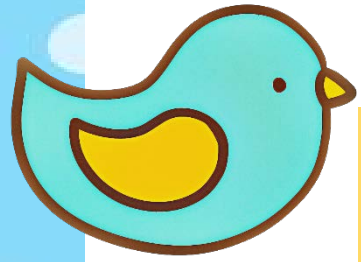




A. Multiple choice questions (MCQs).

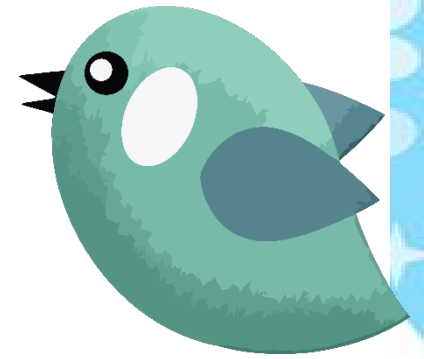
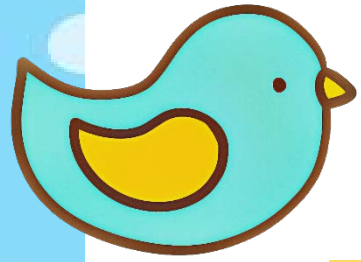
Choose the correct answer from the following.





1. Which of these parts is an external body part?
a. Lungs b. Tongue c. Heart
2. This body part pumps blood to different parts of the body.
a. Heart b. Lungs c. Kidneys
3. The brain helps to
a. think b. breathe c. digest
4. This body part is situated inside the rib cage.
a. Liver b. Lungs c. Brain

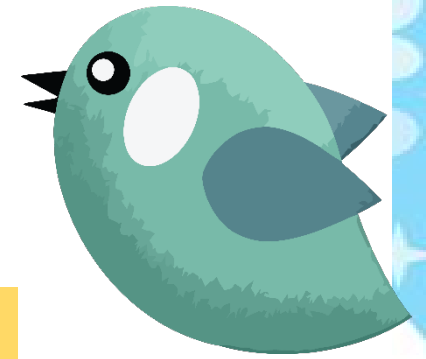
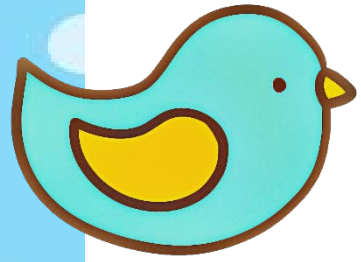




B. Fill in the blanks.

1. Brain is found inside the _____.
2. _____ is situated in the middle of the chest.
3. _____ helps to remove the impurities from blood.
4. _____ give shape to the body.

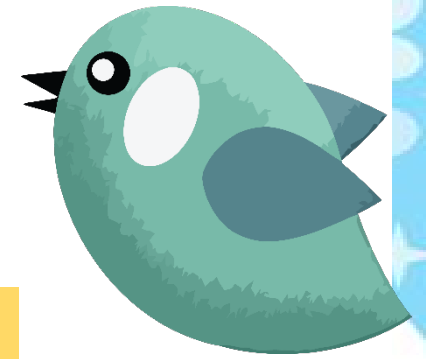
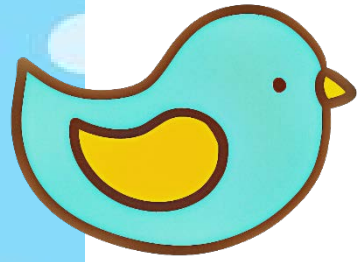




C. Write (T) for true and (F) for false statement.

- 1. Lungs help us to breathe.**
- 2. Internal body parts can be seen from outside.**
- 3. Food is digested in the stomach.**
- 4. Muscles give shape to the body.**










D. Match the following columns:

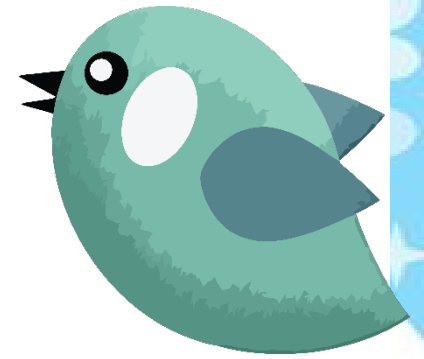
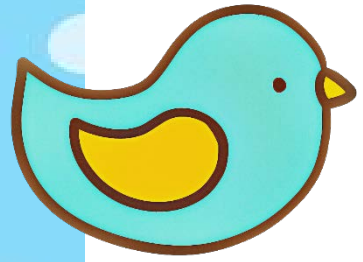
Column-I

1. Lungs
2. Heart
3. Tongue
4. Kidney
5. Brain

Column-II

- (a) 
- (b) 
- (c) 
- (d) 
- (e) 

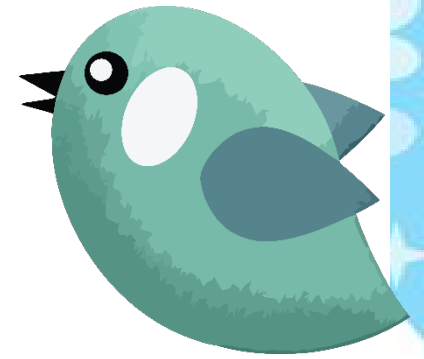
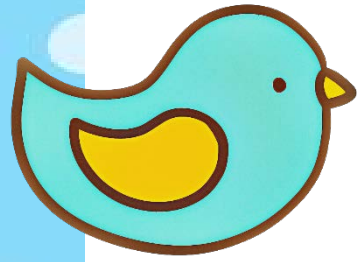




E. Answer the following questions:

1. What do you mean by the external parts of the body?

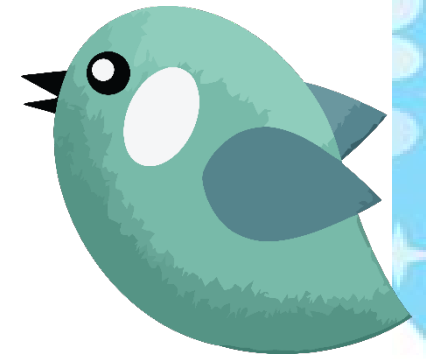
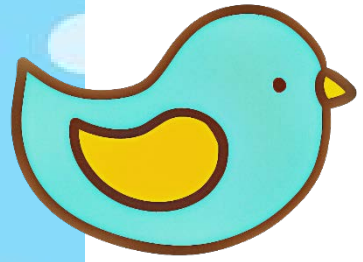




E. Answer the following questions:

2. Name any four external parts of the body.

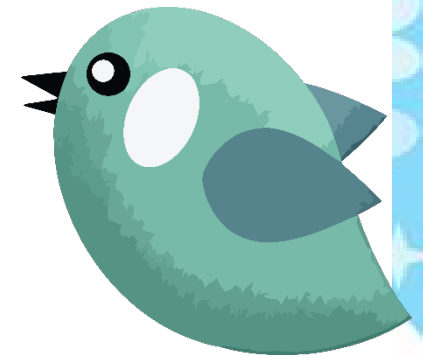
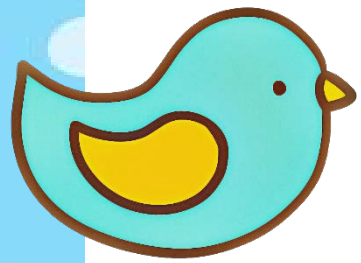




E. Answer the following questions:

3. Name any three internal parts of the body.

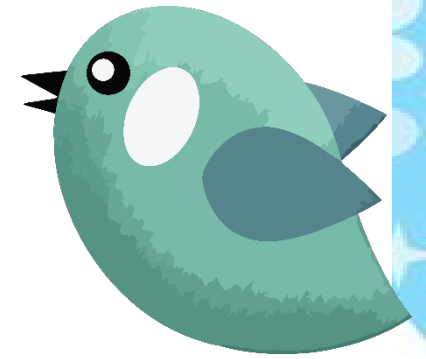
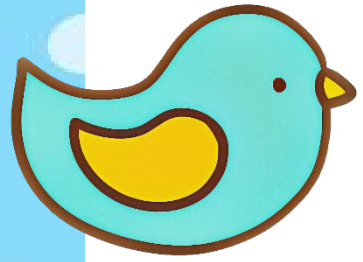




E. Answer the following questions:

4. How does the heart help us?



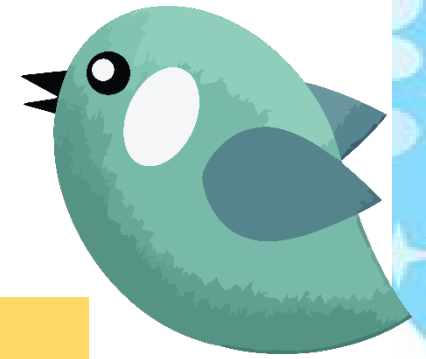
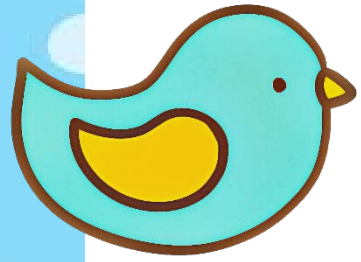


Life Skills

A. Live together

Our body is the best example to live and work in harmony. All the body parts work in co-ordination. Whole of the body gets effected, if even one part does not function properly.

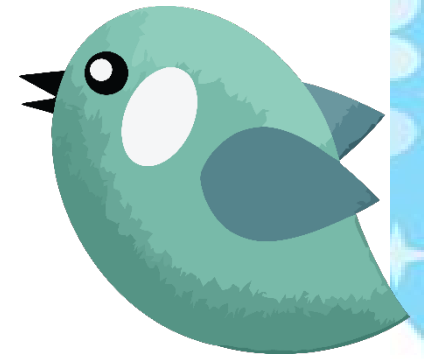
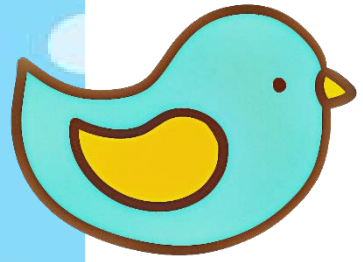




In the same way we all should live and work together.

- a. Be friends with your classmates.**
- b. Share your things and tiffin with your classmates.**
- c. Be polite to your neighbours.**
- d. Help your neighbours whenever they require your help.**
- e. Help your parents and your brothers/sisters at home.**
- f. Avoid fights with anyone.**



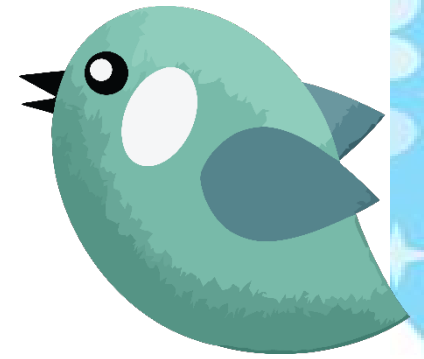
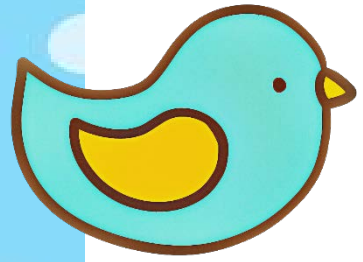


B. Look carefully to your legs. Write down the names of different parts of the leg.

Write down in how many ways can you move your legs.

Mention the points in your leg which you can bend.





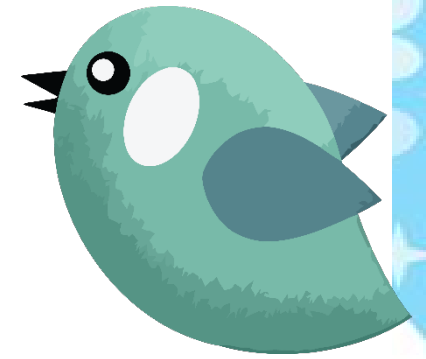
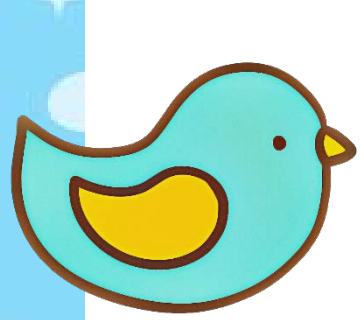
C. Balance your body. Stand on one leg with both the eyes open.

Now do the same activity keeping one eye open.

Now again do the same activity with both the eyes closed.

Note the difference.





D. Draw two columns in your notebook. Paste pictures of the external and internal body parts in separate columns. Also write the functions of each part.



