# Chapter – 6 Looking After Ourself

## EXERCISE

## Class -2

## E.V.S

## A. Multiple choice questions (MCQs).

**Choose the correct answer from the following.**

1. A fracture is a/an

   a. Cut b. Crack or a break in bones c. Insect bite

2. In case of a burn, apply

   a . Antiseptic lotion b. Cold cream c. Sugar

3. Burns can be caused by

   a. Hot water b. Animal bite c. Fracture

4. To stay healthy we should eat

   a. Fruits b. Burger c. Pizza

**B. Fill in the blanks.**

1. _____ regularly keeps the body fit and healthy.
2. Hold the burnt area under the _____ .
3. If there is a cut apply a strip of _____ .
4. In case of _____ press ice cubes on the affected part.

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

1. We should brush our teeth once in two days. ☐
2. In case of a burn put a strip of bandage. ☐
3. In case of a fracture help the injured to lie down. ☐
4. Drink lots of water to keep healthy. ☐

**D. Answer the following questions.**

**1. Write any three steps you follow for a healthy eating?**

**2. What is a first aid?**

**3. What should we do in case of an animal bite?**

## Life Skills

### A. Be safe

**What you should do to be safe:**

**a. Never touch the electric plugs.**

**b. Stand in a queue at the bus stop.**

**c. Never play with a knife.**

**d. Never swim alone in a swimming pool.**

**e. Never cross the road when the vehicles are moving.**

**f. Always cross the road at the zebra crossing.**

**B. Prepare a list of garbages found around your home and suggest the methods by which they can be disposed off.**

| Garbage | Method of disposal |
|---|---|
| | |
| | |
| | |

**C. Write the names of your favourite fruits and vegetables and draw their pictures in the space given.**

| Favourite Fruits | Favourite Vegetables |
| --- | --- |
| | |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

D. Make a first-aid box with the help of your teacher and keep it in your classroom. This is a group work.

THANK
YOU!