

# INDIAN SCHOOL AL WADI AL KABIR



DEPARTMENT OF EVS (2023 – 2024)

TOPIC: ME AND MY BODY

CHAPTER CHECKUP WORKSHEET

RESOURCE PERSON: MRS SAKINA P

NAME: \_\_\_\_\_ CLASS: II SEC: \_\_\_\_\_ DATE: \_\_\_\_\_

## Q1. Choose the words from the help box and fill in the blanks.

exercise, feet, skin, sleep, swallow, ankles

- a) The tongue helps us to taste, speak and \_\_\_\_\_.
- b) We need to \_\_\_\_\_ 8 to 9 hours a day.
- c) Our \_\_\_\_\_ helps us to stand.
- d) The \_\_\_\_\_ is the largest external organ.
- e) Our feet are attached to our legs at the \_\_\_\_\_.
- f) When we play, swim or walk, we \_\_\_\_\_ our bodies.

## Q2. Write whether the following statements are 'True' or 'False'.

- a) Our sense of touch helps us to feel pain. \_\_\_\_\_
- b) Listening to loud music will not damage our ears. \_\_\_\_\_
- c) We are able to sit, dance, walk and run because our elbows can bend. \_\_\_\_\_
- d) Watching television for too long is not good for our eyes. \_\_\_\_\_
- e) We should eat different kinds of food to be healthy and strong. \_\_\_\_\_

**Q3. Answer the following questions.**

a) Why are some parts of the body called external parts?

Ans. \_\_\_\_\_

b) How do our arms and hands help us?

Ans. \_\_\_\_\_

c) How do our feet help us?

Ans. \_\_\_\_\_

d) Write any two ways by which we can take care of our bodies?

Ans. \_\_\_\_\_