INDIAN SCHOOL AL WADI AL KABIR

DEPARTMENT OF EVS (2023 – 2024)

TOPIC: ME AND MY BODY   **CHAPTER CHECKUP WORKSHEET**

RESOURCE PERSON: MRS SAKINA P   **Answer Key**

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 ____**swallow**____.

b) We need to ____**sleep**____ 8 to 9 hours a day.

c) Our ____**feet**____ helps us to stand.

d) The ____**skin**____ is the largest external organ.

e) Our feet are attached to our legs at the ____**ankles**____.

f) When we play, swim or walk, we ____**exercise**____ our bodies.

Q2. Write whether the following statements are 'True' of 'False'.

a) Our sense of touch helps us to feel pain.   ____**True**____

b) Listening to loud music will not damage our ears.   ____**False**____

c) We are able to sit, dance, walk and run because our elbows can bend.

     ____**False**____

d) Watching television for too long is not good for our eyes.   ____**True**____

e) We should eat different kinds of food to be healthy and strong.   ____**True**____

Q3. Answer the following questions.

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

Ans. Some parts of our body are on the outside and can be seen. These are called external parts

b) How do our arms and hands help us?

Ans. Each arm has an elbow, a wrist and a hand with four fingers and a thumb. Our elbows bend and help to lift things, our wrist move in any direction and help play, bowl and our fingers which bend inwards help to hold things, write ,cut, paint, peel and play.

c) How do our feet help us ?

Ans. Our feet help us to stand, bend and turn. They also help to walk and run.

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

Ans. 1. We should exercise to make our body fit.

2. We should not watch television or play video games for too long.

Pg 6 – student's discretion