

KRISHNAWAR ACADEMY

EVS

CLASS - II

TOPIC - My Body

A. Choose the correct answer:

1. The internal / external organs are inside the body.
2. The brain / nose is an internal organ.
3. The hands / Kidneys help us to write.
4. We use our hands and mouth to eat / sleep.
5. We should take a bath everyday / month.

B. Write T for true and F for false.

1. Our body has internal and external organs. True
2. The brain is an internal organ. True
3. Our legs help us to paint and write. False
4. We have five sense organs. True
5. We should eat unhealthy Food to Keep our body fit. False



C. Answer the following questions:

1. Name any three internal organs of our body.

Ans: Three internal organs of our body are the heart, brain and lungs.

2. Name some activities we can do using our legs.

Ans: Some activities we can do using our legs are walking, running, jumping, hopping, playing football etc.

3. What are sense organs?

Ans: Sense organs are the parts of our body by which we know about the world around us.

4. Why should we exercise regularly?

Ans: We should exercise regularly to keep our body fit and healthy.

5. How can we remain clean and healthy?

Ans: We can remain clean and healthy by -

- Brushing our teeth twice a day.
- Bathing with soap and water.
- Cutting nails regularly.
- Splashing cold water to keep eyes and mouth fresh.
- Cleaning ears, nose and tongue regularly.

6. Which sense organ helps us to taste the food?

Ans: Tongue helps us to taste the food.