

NEW HORIZON SCHOOL
SUPPORT MATERIAL-EVS
CLASS-II (2018-19)

CHAPTER- The Human Body

Parts of body are called organs which are of two types--- **External organs** and

Internal organs. External organs can be seen like eyes, nose hands etc, internal organs are inside the body like brain, heart etc.

Brain controls all the activities of our body. It helps us to think, learn and remember. The **heart** pumps blood to all parts of our body. The **lungs** help us to breathe. The food that we eat, gets digested in our **stomach**. **Bones** provide a definite shape to our body. An adult has 206 bones. **Muscles** helps in the movement of our body parts. **Bones** and **muscles** work together.

We have **five sense organs** that help us to know about the things around us.

Our two **eyes** help us to see things around us. Our two **ears** help us to hear different types of sounds. Our one **nose** help us to smell good or bad and also to breathe. One **tongue** present in a human body helps to taste--- sweet, sour, bitter and salty. **Skin** help us to feel.

Read the lesson and answer the questions

- a. What help us to move?
- b. Name some internal and external organs?
- c. Name the sense organs. How do they help us?
- d. Draw and colour the sense organs.
- e. How do the lungs help us?

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CHAPTER- My family:

Members who live together form a family. Our **Father** and **Mother** are our **Parents**. A family which has one set of parents and their children is a **Nuclear Family** which is also called **Small Family**. A family which has more than one set of Parents and their children is a **Joint Family** which is also called **Big Family**. **Grand Parents** are the Parents of our Father and Mother. Family members love, help and respect one another. Parents feel very happy when their children help them. Family members enjoy with each other and spend quality times.

Read the lesson and answer the questions

- a. What is a family?
- b. What is a nuclear family and joint family?
- c. Who are our grand parents?
- d. Who is your cousin?
- e. Who are paternal relatives and maternal relatives?

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CHAPTER- Food We Eat:

Food is one of our basic needs. We eat food everyday. It gives us **Energy** to work and play, helps to **Grow**, keeps us **Strong and Healthy**. We get most of our food from **Plants and Animals**. Fruits, Vegetables, Cereals, Pulses etc from plants and eggs, milk, meat etc from animals.

Types of Food

Energy-giving food----- potato, sugar, butter. **Body-building food**----- eggs, milk, pulses. **Protective food**----- fruits, vegetables, milk.

Junk food--- pizzas, burgers, chips etc.

Along with food, our body needs a lot of water. Water help us to digest the food we eat. It helps to remove of undigested food.

Vegetarian--- People who eats only plant products and milk.

Non-Vegetarian--- people who eat egg, meat, fish.

Good eating habits:

Eat your meal at proper time. Wash your hands before and after eating your meals. Always eat healthy diet. Drink plenty of water. Avoid eating junk food. Chew your food properly. Do not eat uncovered or stale food.

Read the lesson and answer the questions

- a. Why do we need food?
- b. What are protective food, energy giving food and body building food?
- c. What are junk food?
- d. Who are vegetarians and non-vegetarians?
- e. Why should we drink lot of water?

