

## STD II

## General Science

## First unit lesson 1, 2, 5

## Lesson 1

## ALL ABOUT ME.

Q. 1 Write 10 lines about yourself.

Q. 2 Write your five favourite things that you like the most.

- Ans 1. My favourite food is chapati.  
2. I also like to eat fish and fruits.  
3. My favourite drink is milk.  
4. My favourite TV show is Pogo.  
5. I also like to play football and cricket.

## Lesson 2.

## MY BODY

Q.1 Name five sense organs?

Ans. eyes, ears, nose, skin and tongue.

Q.2 How do we take care of our body parts and sense organs?

- Ans. 1. Clean our body parts daily.  
2. Trim our nails regularly.  
3. Take bath daily.  
4. Wash our eyes with clean water.  
5. Clean the outside part of our ear with a damp cloth.  
6. Clean our tongue with tongue cleaner.

Q.3 What is ankle?

Ans. An ankle is a joint between foot and leg.

Q.4 What is elbow?

Ans. An elbow is a joint between the forearm and the upper arm.

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Q.5 What is knee?

Ans Knee is a joint between thigh and lower leg.

Q.6 What is the function of the five sense organs?

Ans **Ears** → Ears help in listening different sounds.

**Eyes** → Eyes help us to see the things.

**Nose** → Nose helps in breathing and smelling.

**Tongue** → helps in test the things.

**Skin** → Skin enable us to feel pain.

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## Lesson 5

## FOOD

Q. 1 Why do we need food?

Ans We need food to live.

Q. 2 Name some food we get from plants?

Ans We get food grains, pulses, cereals, vegetables, fruits, spices and beverages from plants.

Q. 3 Name some food we get from animals?

Ans We get milk, eggs, meat and fish from animals.

Q. 4 Food can be divided into how many food groups?

Ans Food can be divided into three food groups.

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1. Energy giving food.
2. Body building food.
3. Protective food.

Q.5 What are energy giving food? Give example?

Ans. Food that give us energy to work and play are called energy giving food  
eg, rice, potato, butter, sweets.

Q.6 What are body building food? Give example.

Ans. Foods that help us to develop and grow our muscles are called body building foods.  
eg. Meat, egg, milk, cheese, pulses, and fish.

Q.7 What are protective food? Give example.

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Ans. Foods that protect us from diseases are called protective foods.  
eg. Fruits and vegetables.

Q. 8 Who are called vegetarians?

Ans. People who do not eat eggs, meat and fish are called vegetarians.

Q. 9 Write five good eating habits?

Ans. 1. Wash our hands before and after the meal.

2. Never waste food.

3. Drink a lot of water everyday.

4. Eat only fresh and clean food.

5. Chew our food well and eat slowly.

Q. 10 What are junk food? Give example.

Ans. Food that is not good for our health are called junk food.  
eg. Burger, Chips, Pizza etc.