

Topic : Personal Health and Care



TIPS FOR PARENTS

1. Please take care that the child definitely submits his homework as it carries Grades.
2. Do the home work on A-4 size colourful sheets and compile them in a beautiful handmade folder.
3. Pay attention on handwriting.
4. Make the child read atleast 2 story books to inculcate good reading habits.
5. Parents are requested **not** to send H.W projects on July 4, 2016. The dates of the submission of the same will be announced after the school reopens.
6. Revise the entire syllabus done so far in all the subjects.



ENGLISH

1) Make five flash cards showing good habits you follow to maintain personal health and care. Write one sentence on each supported by a picture. eg-I brush my teeth twice a day. (with picture)

2) Worksheet Book - Reading Comprehension 1 to 4 (pages 1 to 4)

HINDI

1. प्रातः काल की सैर अथवा योग का महत्व विषय पर आठ पंक्तियाँ लिखें तथा चित्र भी बनायें या चिपकाएँ। (कार्य आधे चार्ट पर ही करें।

2. स्वास्थ्य संबंधी कोई एक कविता हाव-भाव सहित याद करें।

MATHS

1) On a chart paper, make a list of any ten healthy food items and write down their price. Also paste their wrappers or draw pictures.

2) Worksheets Book - Page 1 to 3

EVS

1) Make a First Aid Box including the following things , cover it with white chart paper and make a red cross on it.

1. A small cotton roll
2. An antiseptic lotion (eg Dettol, Savlon)
3. A bandaid
4. A bandage
5. Burnol
6. Betadine
7. Crocin tablets
8. Paper soap

2) Given worksheet

ART/CRAFT

II-A Make a garland with macroni and colour it with fabric colours.

II-B Make a pen stand with a plastic glass and decorate it.

II-C Make a landscape with colourful bindis on a drawing sheet.

II-D Make a wind chime with waste CDs.

II-E Make a landscape on a drawing sheet and fold it in the form a Japanese fan.

Name: _____

CLASS II Sec _____

Q1. From the word given below find out four healthy food items and four junk food items and write them in the given space.

N	M	W	P	A	O	B
O	A	P	A	P	N	U
O	N	I	S	P	I	R
D	G	Z	T	L	O	G
L	O	Z	A	E	N	E
E	A	A	G	P	L	R
C	H	E	R	R	Y	O

Healthy Food

Junk Food

Q2. Circle the odd one out:

- a) nose, eyes, ears, stomach
- b) run, draw, walk, jump
- c) hand, bangle, arm, elbow
- d) bathing, combing, picking nose, trimming nails



Q3. Write the body parts used in each of the following activities:



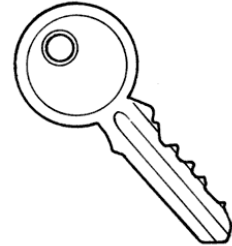
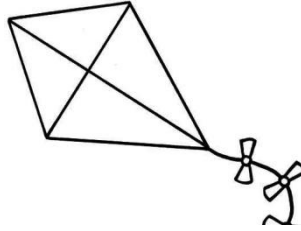


Q4. What should we do to keep ourselves healthy and strong? (Write two points)

Q5. Match the following products with the brand:

Toothpaste	Lux
Soap	Clinic Plus
Oil	Colgate
Shampoo	Parachute coconut

Q6. Colour the things you use for personal care.



Q7. Write any two good habits.

1. _____

2. _____

Q8. Manu does not cut his nails regularly. What will happen to him?

Q9. Fill up the blanks:

1. We should cover the mouth with _____ while coughing.

2. We should _____ our hair regularly.

3. We should throw garbage in _____.

4. We should brush our teeth _____ times a day.

Q10. Write "Good" or "Bad" in front of the habits written below:

1. Putting finger in nose _____.

2. Drink water from your own glass only. _____.

3. Take bath daily with soap _____.

4. Putting sharp pin inside our ears. _____.