

ABD's

Special Edition for
ARMY PUBLIC SCHOOLS

Let's Explore Our Environment

(A Textbook of Environmental Studies)



Class
2

ARYA BOOK DEPOT

CONTENTS

1. Myself	7
2. Human Body	9
3. My Family	16
4. The Food We Eat	22
5. Clothes We Wear	29
6. We Need Shelter	37
7. Safety and First Aid	45
<i>Model Test Paper-I</i>	52
8. Neighbourhood Services	53
9. Festivals-Days to Celebrate	59
10. Travel and Communication	65
11. The World of Plants	73
12. Plants are Useful	80
13. Animals Around Us	85
<i>Model Test Paper-II</i>	94
14. Weather and Seasons	95
15. Air Around Us	102
16. Water-The Wonderful Liquid	109
17. Games We Play	116
18. Earth and its Neighbours	121
19. National Symbols	127
<i>Model Test Paper-III</i>	132





1. Myself



Paste your photo when you were one year old.



Paste your present day photograph.

You have grown. Your looks have changed.

- List six things which you were not able to do earlier but you can do them now on your own.

- | | |
|---------|---------|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |

Complete Your School Identity Card.

Name :

Class : **Date of Birth** :

Name of Father :

Name of Mother :

Contact Numbers :

Address :

Test Your Knowledge!

Think and write your favourite:

1. Food

2. Vegetable

3. Colour

4. Game

5. Subject

6. Animal

I Can Do It Myself

"I can help you in making sandwich, "said Priya, She pulled out cabbage and cheese from the fridge.

"Great" father said, "Let me get a plate." Priya ran ahead of him. "I can do that too dad," Priya said and ate her sandwich with sauce. She drank her juice. Then she took her dishes to the sink all by herself.

"Would you like to help me in cleaning the house?" Father asked!

"Let me get the mop", Priya said.



Priya has to fill the bucket with water. "I can fill it myself." She said.

Priya picked the bucket, the bucket fell, she got turtled. Priya got upset.

"I have an idea" said father, "Let me show you a way of filling it?" He showed Priya how to fill the bucket, a bit half, and once filled turn off the tap. Now, came the tricky part.

Priya stood still. She took the bucket and put it under the tap. The bucket was full. "I did it," Priya said.

"Would you like me to show you again for you to mop?" Father asked. "No thanks", Priya said, "I can do it myself."

2. Human Body

Key Points

- ♂ External and internal organs of our body
- ♂ Functions of important body parts
- ♂ Sense organs
- ♂ Growing older

Meet Arun and Anu. They are brother and sister. Look at their body. Can you name any eight body parts which are common to both of them.

Write the answer in the blanks given below:

1.
2.
3.
4.
5.
6.
7.
8.



Arjun

Anu

Our Body

We all have similar looking body parts. Our body is called an **amazing machine** because it is made up of so many parts. These body parts are known as **organs**. All the organs work together in our body.

There are two types of organs in our body—**external organs** and **internal organs**.

External Organs

External Organs are the organs which can be seen by us. We can touch and feel them. For example hands, legs, eyes, ears, skin, nails, etc.



External organs

Internal Organs

Internal organs are the organs which cannot be seen by us. They are present inside our body. We cannot touch and feel them. For example, heart, lungs, kidneys, liver, stomach, brain, etc.



Heart



Stomach



Liver



Lungs



Kidneys



Brain

Internal organs

There are some important internal organs of our body which keep us alive and healthy.

Let us learn about some of the internal organs.

Knowledge-Pedia

The brain is also known as the master organ of our body. We must protect it from shocks and injuries.



Heart: The heart pumps blood to all the parts of our body.



Stomach: The stomach helps to digest the food we consume. It converts food into energy.



Lungs: The lungs help us to breathe.



Joints: When two bones meet, joints are formed. For example, knee, wrist, ankle, etc.



Brain: The brain is placed inside our skull. It controls the working of all the body parts. It helps us to think, learn, read, and write.



Bones: The bones give shape and support to our body. It protects our organs.



Muscles: The muscles are joined to the bones of our body. They make heart and stomach. The muscles help in the movement of body parts.

Knowledge-Pedia

The cardiac muscles are located in the heart. They work continuously and without tiring.



How the Body Parts Help Us?

Each part of our body helps us in different ways.

- Legs help us to walk, kick, climb, jog, dance, and skip.

Knowledge-Pedia

Our skin is the largest organ of our body. It is an external organ which covers the whole body.



Walking



Climbing stairs



Skipping



Dancing



Kicking

- Our hands help us to eat, write, hold things, lift, catch, pull, push, and throw things.



Eating



Writing



Catching



Throwing



Carrying things

Test Your Knowledge!

Write any three activities you do using your:

Arms:

Legs:

Tips for Teachers

Help the children know and name their body parts by making them touch each part. Make them count the number of their different body parts like fingers, toes, eyes, nose, etc. Show specimen of different things used to keep our body neat and clean. Encourage them to take good care of their body.

- We use our shoulders and back to carry things like a school bag.
- We use our knees to bend down, kneel down and sitting.
- We must keep our back and shoulder straight while walking.

My Granny Says !!

We must exercise daily to keep our body parts in good working condition. Yoga keeps our body parts strong and flexible.



Sense Organs

We have five special parts in our body which help us to know about the beautiful world around us. They are like windows in our body that help us to see the world outside. They are known as **sense organs**. These five sense organs help us in the following ways:

- **Eyes** help us to see things. We can see the size, shape and colour of the things around us.



Vision

- **Ears** help us to hear different sounds.



Hearing

- **Nose** helps us to smell things. Smell can be good or bad.



Smell

- **Tongue** helps us to taste things. Taste can be sour, sweet, bitter and salty. It also helps us while speaking.



Taste

- **Skin** helps us to touch and feel things around us. Things can be soft, hard, cold, hot, smooth or rough.



Touch

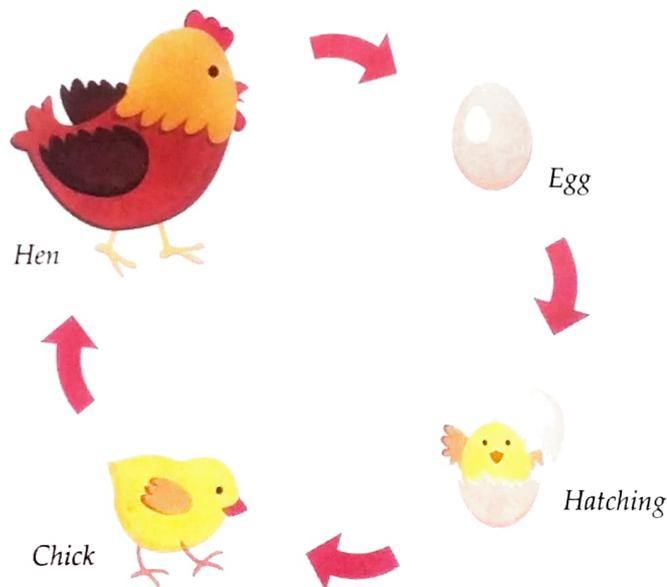
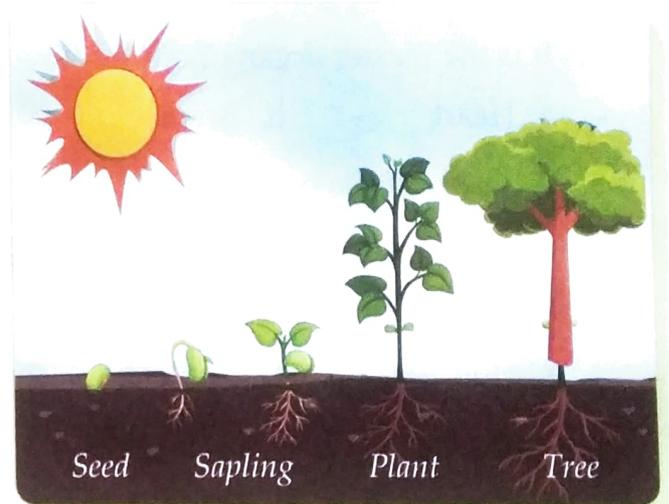
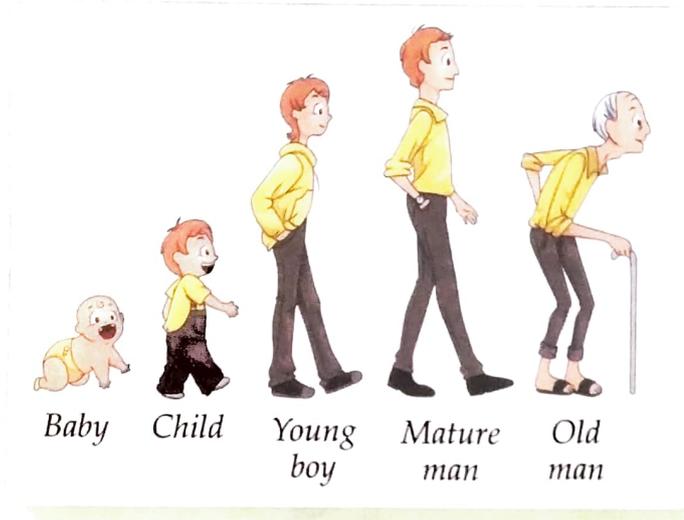
Test Your Knowledge!

Name the sense organs that helps us to:

- | | |
|-----------------------------|------------------------------------|
| 1. Watch TV | 2. Smell a rose |
| 3. Taste ice cream | 4. Cuddle a soft toy |
| 5. Listen to doorbell | 6. Listen to someone's voice |

Growing Older

All living things grow. We are born as little babies. We grow up to be a boy or a girl. We further grow up to be a young man or a woman. Later on, we become old with age. Our looks change with each stage of life. Like us, plants and animals also grow.



All living things grow

Read and Recall

- Our body is made up of many parts called organs.
- Each part of our body is useful to us.
- There are two types of organs in our body external and internal organs.
- We have five sense organs — eyes, ears, nose, skin and tongue.
- All living things grow.

EXERCISES

I. Tick (✓) the correct option:

1. It is an internal organ.

a. Eyes	b. Skin	c. Heart	d. Ears
---------	---------	----------	---------
2. It is the master organ of our body.

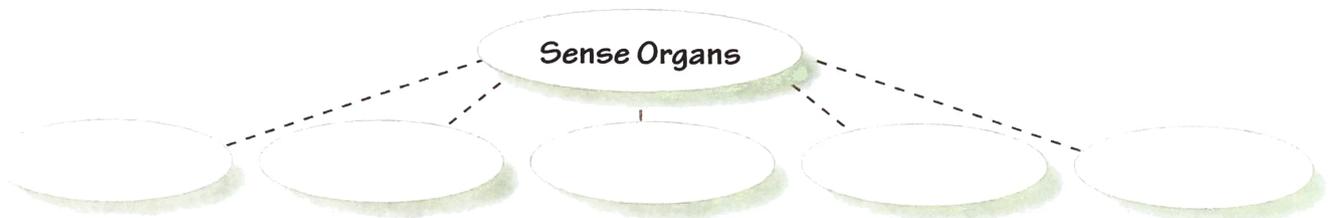
a. Heart	b. Brain	c. Lungs	d. Blood
----------	----------	----------	----------
3. It is not a sense organ.

a. Eyes	b. Nose	c. Tongue	d. Heart
---------	---------	-----------	----------
4. It helps to digest food.

a. Mouth	b. Stomach	c. Lungs	d. Heart
----------	------------	----------	----------
5. Our legs help us to

a. Read	b. Write	c. Walk	d. See
---------	----------	---------	--------

II. Complete the flow chart of the following:



III. Number the following in the correct order:



IV. Answer the following questions:

1. Name any two:

a. External organs

.....

b. Internal organs

.....

c. Sense organs

.....

2. Name three things we do with:

a. Our hands

b. Our legs

3. Name two parts of our body which continue to grow even after we cut them.

HOTS

Why our sense organs are called windows to the world?

Funpedia

I. Enjoy these racing games. List the body parts used in each race.

1.



Sack race

.....

.....

2.



Frog race

.....

.....

3.



Egg and spoon race

.....

.....

II. Give an examples of each:

1. Food with a sweet taste 2. Food with a salty taste

3. Thing with nice smell 4. Soft and smooth thing

Values: The Building Blocks of Life

Take care of your body as it is a very precious gift of God. Always remember that a healthy mind lives in a healthy body.

Tips to stay healthy.

1. Exercise daily.
2. Take a bath every day.
3. Trim your nails regularly.
4. Eat healthy food at a fixed time.
5. Early to bed and early to rise, keeps a man healthy, wealthy, and wise.
6. Say no to too much of screen time like watching TV, computer and mobile screens.



3. My Family

Key Points

- ♂ Importance of a family
- ♂ Types of families
- ♂ Relationships in a family

Family

The first people to know you

The ones who gave you name

They give love and care and a place to belong

Love your family, sing this song!



A family outside their house

Family

A family is a group of people related to one another. They live together in the same house. All family members share things, love, feelings, ideas, and problems with one another.

Types of Families

A family can be big or small.

A small family has only parents and children living together. It is also called a **nuclear family**.

Knowledge-Pedia

Your real brother sister are your siblings. The children of your uncle and aunt are your cousins.



Nuclear family



Joint family

A big family which has more than two generations—grandparents, parents, uncles, aunts, cousins living together in the same house is called a **joint family**. There are many sets of parents in a joint family.



Single parent family

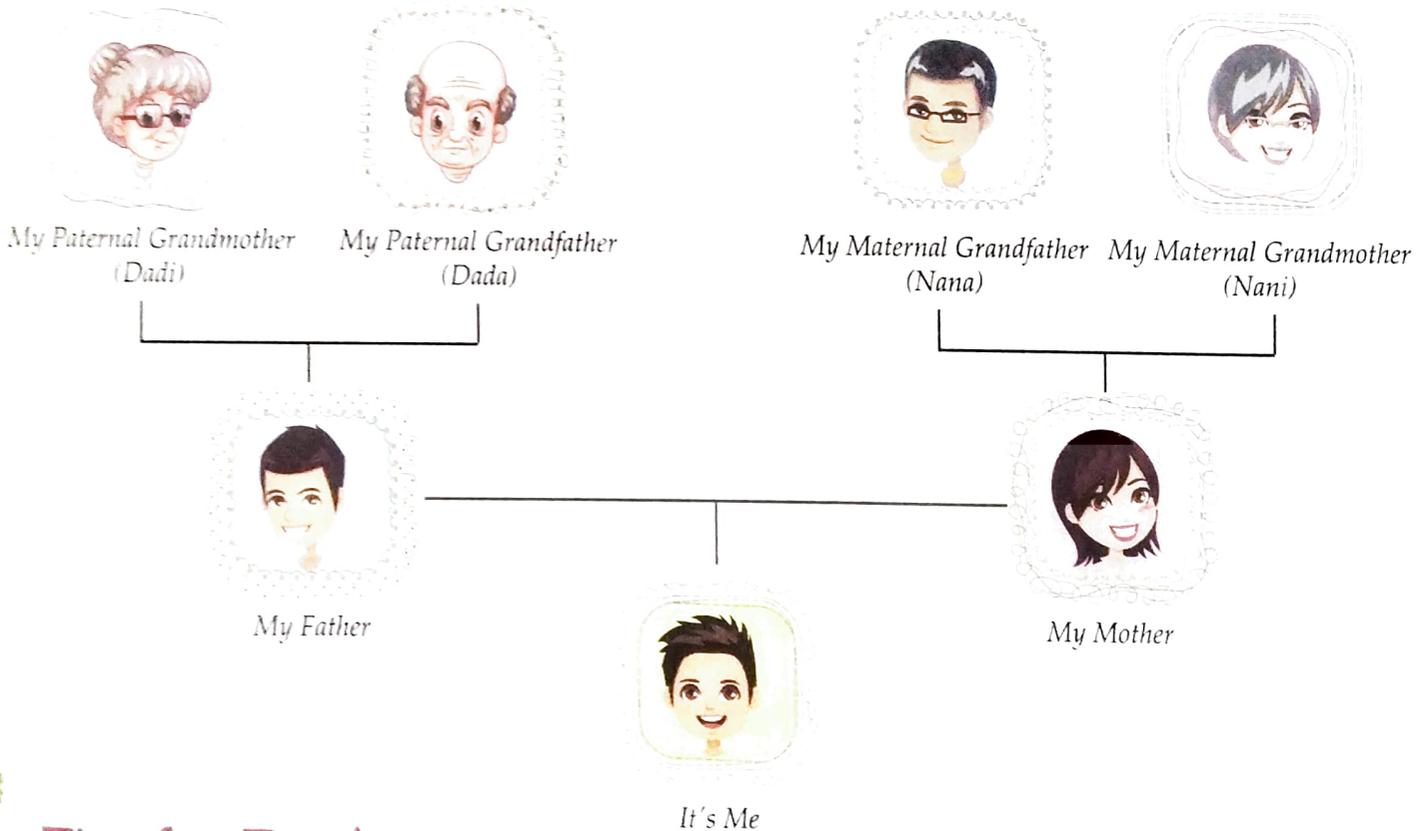
Sometimes there is either a father or a mother taking care of the children alone. Such families are called **single parent family**.

Relations in a Family

All members of a family are related to one another.

Let us listen to Anu, what she is saying about her family.

The parents of my father are my **paternal grandparents** (*Dada-Dadi*). The parents of my mother are my **maternal grandparents** (*Nana-Nani*).



Tips for Teachers

Encourage students to describe their families and family members. Motivate them to learn more about their family members, to learn about their likes and dislikes too. Tell them to go through their family tree and learn the names of extended family members. Teach them to value family quality time.

My parents have brothers and sisters. They are my uncles and aunts. Their children are my cousin brother and cousin sister. I am the grand daughter of my grandparents. My brother is the grandson of my grandparents.

There are some family members who may not live with us in our own house. But, they are also a part of our family. They are called **extended family members**.

Knowledge-Pedia

The oldest person of the family is known as the head of the family. He/She takes all the important decisions of the family.

Test Your Knowledge!

Think and write the name of your family members who fit in their descriptions:

- | | | |
|-------------------|-------------------|-------------------|
| 1. Tallest | 2. Oldest | 3. Shortest |
| 4. Youngest | 5. Funniest | 6. Quietest |

Surname

Every family member has a common last name known as the **surname** of the family.

Test Your Knowledge!

Name any two family members who live in different cities or countries. Name the place where they are living.

Names of the family member.

1.
2.

Name of the city/country they are living in.

1.
2.

Family Time-Sharing and Caring

We all love our family and every member takes care of each other. All family members support one another and share the household work. Parents look after their children. They give healthy food, clothes, toys, and gifts to their children. They also take care of their health and education.



Grandmother telling stories to her grand kids

The grandparents share responsibility of buying groceries and fruits from the market, gardening, taking kids to the park and playing with them, telling the kids their favourite bedtime stories, etc. This way, they are able to keep themselves active.

Mother cooks food for everyone, does most of the household activities. When kids are unwell, she takes care of them. She takes care of everyone at home.

Father goes to work and support the family economically, he also helps out family members in household activities on weekends.

My Granny Says !!

We must spend some quality time with our grandparents. They teach us good values and manners.



Mother in kitchen



Father working in office



Elder sister teaching her younger brother

Elder brother or sister helps out his/her younger brother or sister in completing their school homework, helps parents in their household activities.

The maid, servant, driver, gardener, etc., are also a part of our family set up. We must talk politely to them and take care of them. Our pets are also a part of our family. We must take good care of them.



Maid

Recreation with Family

Family members celebrate happy occasions like festivals, birthdays and anniversaries together. They also go out to enjoy picnics, fairs, circus, zoo, weddings and other places. Such activities that we do for enjoyment and relaxation are called **recreational activities**. During vacations, when our cousins visit us, we play together and listen bedtime stories together. We enjoy a lot with our family members.

Read and Recall

- A family is a group of people related to one another.
- Father, mother, and children living together make a nuclear family.
- Grandparents, parents, uncles, aunts, and cousins living together make a joint family.
- All family members help each other and share the work at home.

EXERCISES

I. Encircle the correct option:

1. A **nuclear/joint** family has grandparents.
2. The children of my uncle and aunt are my **cousins/siblings**.
3. The parents of my father are my **maternal/paternal** grandparents.
4. The parents of my **mother/father** are my maternal grandparents.
5. Our **pets/stray** animals are also a part of our family.

II. How do you address the following members of your family?

1. Paternal grandfather
2. Maternal grandmother
3. Elder cousin brother
4. Mother
5. Father
6. Maternal aunt
7. Paternal uncle

III. Who does the following work in your family?

1. Drive the car
2. Cook food
3. Help you in studies
4. Tell you bedtime stories
5. Go to the office to earn money
6. Take care of you when you are sick

IV. Answer the following questions:

1. What is a family?
2. Which type of family do you live in? Name the members of your family
3. What is the difference between a nuclear and a joint family?
4. Why should we share household work in our family?
5. List any three things that you do to help your family.

HOTS

Which type of family do you think is a better family?

Funpedia

Your parents and grandparents are nice to you and help you in every way. Let them know how wonderful they are by designing a cheerful plant with a message.

Material Required:

1. An ice cream cup (washed and clean).
2. A used straw (washed and clean).
3. Brightly coloured thick paper (from old greeting card).
4. Glue, scissors, and green paper.



Steps:

1. Draw a big flower on the coloured paper, cut and paste it on the straw.
2. Cut two big leaves of green paper. Write thank you messages on them.
3. Paste on the straw as shown as shown in the picture.
4. Fill the cup with pebbles and stick the straw in the cup.

Values: The Building Blocks of Life

I am a well mannered child of my family. I can match the following correctly.

A

1. When I ask for something, I say
2. If I hurt someone, I say
3. If my parents do something for me. I say
4. I let my sister play with my toys. This is called
5. I wish my grandparents daily. I show them

B

- a. 'Thank you'
- b. Sharing
- c. 'Please'
- d. Respect
- e. 'I am sorry'

4. The Food We Eat

Key Points

- ♂ Importance of food
- ♂ Types of food groups
- ♂ Sources of food
- ♂ Healthy eating habits



*"If we eat well,
It helps us learn and play
Choosing healthy food is fun
Why not start today?"*

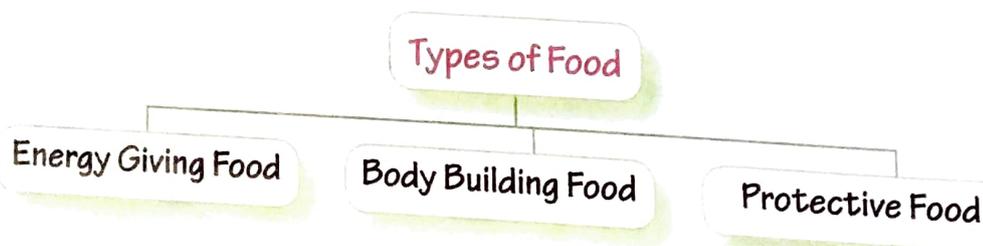


We all eat food every day. It is the most important basic need of our life. We need food to:

- ◆ get energy to do all the activities.
- ◆ keep us healthy, fit, and strong.
- ◆ grow big and tall.
- ◆ protect us from diseases.

We need different types of food every day. It is not just about the taste, it is about our health also. Different types of food items have different nutrients which are necessary for us to stay healthy.

On the basis of different qualities, we divide the food into three main categories.



Energy Giving Food

Food items like *ghee*, butter, sugar, wheat, rice, potatoes, etc., are high in energy. They give us energy for work and play. So they are called **energy giving foods**.



Ghee



Wheat



Butter



Sugar

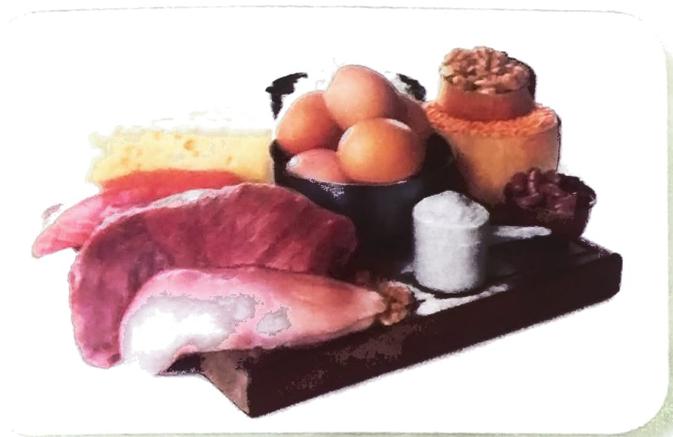


Rice



Potato

Energy Giving Food



Body Building Food

Body Building Food

These food items help us to grow tall and strong. They help in building bones and muscles too, so they are called **body building food**. For example, beans, milk, eggs, cheese, fish, meat, etc.

Protective Food

Food like fresh vegetables and fruits protect us from diseases and keep us healthy. They are known as **protective food**.



Protective Food

Knowledge-Pedia

Vegans are the people who do not eat or drink any animal product be it milk, curd, cheese, *ghee*, butter, honey, eggs, chicken, meat or fish.

Knowledge-Pedia

Brunch is a type of combo meal eaten late in the morning in place of breakfast and lunch. **Supper** is also short meal eaten in the evening.

Roughage

Roughage is the fibre present in the food items which cannot be digested by our body. It prevents constipation and helps in removal of solid wastes from our body. Food items like fruits and vegetables contain lots of fibres or roughage.

Tips for Teachers

Let students open their lunch boxes and name the various food items. Organise a food festival where everyday a theme is given for tiffin. A non-fire cooking class can be organised where sandwiches, lemonade, salad can be prepared by students. Sensitise the students about not wasting food at all.

Test Your Knowledge!

Write (E) for energy giving food, (P) for protective food, and (B) for body building foods.



Balanced Diet

Our diet is the food that we eat and drink regularly. A **balanced diet** includes all the components of food in appropriate amount. It helps us to remain healthy and fit. It is necessary for everyone especially for growing children.

Sources of Food

We get our food from both plants and animals.

Food from Plants



Food from Animals



Healthy Eating Habits

- ◆ Chew your food well.
- ◆ Do not eat junk food.
- ◆ Eat your meal at regular intervals.
- ◆ Do not eat food from roadside vendors.
- ◆ Do not eat stale and uncovered food.
- ◆ Wash your hands before and after meals.
- ◆ Do not eat too many sweets and fried foods.



Remember "Eat healthy, Stay healthy."

Read and Recall

- Food helps us to stay healthy, grow big, and get energy.
- There are three types of foods—energy giving foods, body building food, and protective foods.
- We should eat balanced diet to stay healthy.
- We must drink plenty of water to stay fit and healthy.
- Follow healthy eating habits.

EXERCISES

1. Tick (✓) the correct option:

1. It is not a healthy food.
a. Fruits b. Vegetables c. Chips d. Pulses
2. It protects us from diseases.
a. Fruits b. Vegetables c. Both a. and b. d. None of these
3. We eat this meal in the afternoon.
a. Breakfast b. Lunch c. Dinner d. Supper
4. It cleans out wastes from our body.
a. Water b. Juices c. Milk d. Soup
5. Vegetarians don't eat
a. Chicken b. Vegetables c. Fruits d. Pulses

II. Give two examples of each of the following:

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

III. Given below are some food items. Separate and put them in correct column:

Salad, Omelette, Burger, Dal Makhani, Butter Chicken,
Fish, Paneer Tikka, Chowmein, Pizza

Vegetarian food	Non-Vegetarian food	Junk food
.....
.....
.....

IV. Circle the odd one out:

- | | | | |
|-----------|--------------|------------|-------------|
| 1. Rice | Potato | Vegetables | Sugar |
| 2. Fruits | Pulses | Eggs | Meat |
| 3. Milk | Seafood | Fruits | Vegetable |
| 4. Chips | Fizzy Drinks | Noodles | Fruit Juice |

V. Draw a happy face 😊 for correct and a sad face ☹️ for incorrect statement:

1. It is healthy to eat food from roadside shops.
2. We must chew our food properly.
3. It is healthy to eat junk food daily.
4. We should not overeat.
5. Too many sweets keep us fit and strong.

HOTS

Do children and adults need the same kind of food? Discuss.

Funpedia

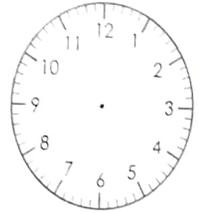
I. Draw the hands of the clock to show the time when you eat the following meals.



Breakfast



Lunch



Dinner

II. We get seafood from animals living in the seas and oceans. When we make the beaches dirty and pollute the water, it affects the sea animals. Is it good for us to eat animals living in polluted water? How can we make our oceans clean for sea animals? Discuss.

Values: The Building Blocks of Life

Let us learn about some table manners.

The way you eat your food or the socially acceptable way to eat your food, especially when eating a meal with others is called table manners.

Table Manners: Do's and Dont's.

1. Don't start eating until every one has been seated and served.
2. Do not put finger in your nose, scratch your body or burp at the table.
3. Always keep your drink/glass of water on your right side.
4. Offer to clean up if you are eating dinner at someone's place.
5. Carry a small gift when you go to a party at someone's house.
6. Wait till everyone has finished dinner before leaving the table.

