

NATURE WORLD

Environmental Studies

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Class

2



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Preface

"Earth provides enough to satisfy every man's needs, but not every man's greed." To teach about these environmental situations, EVS has become an integral part of education and curriculum. On the whole, **Nature World** series, serves the purpose of all types of NCERT syllabus taught in various Public or Convent schools.

Nature World is a series of 5 books for classes 1 to 5th, designed to enrich the school students from primary level with brainy skills in a systematic manner.

The salient features of the series are :

- Simple language is used to understand easily.
- Enriched with colourful illustrations that give the feel of learning environment in the classroom.
- 'Teacher's Tip' will help teacher to make understand the students each topic in detail.
- 'Wrap up' is the collection of short lines of important topics that makes the learning easy.
- Time to work, Creative Activity, Life Skills, etc. are the exercises that will help the teacher to know the caliber of each and every student.

Though all efforts have been done in designing and developing an authentic book, but your valuable suggestions are always welcomed to improve this book further in the interest of the students.



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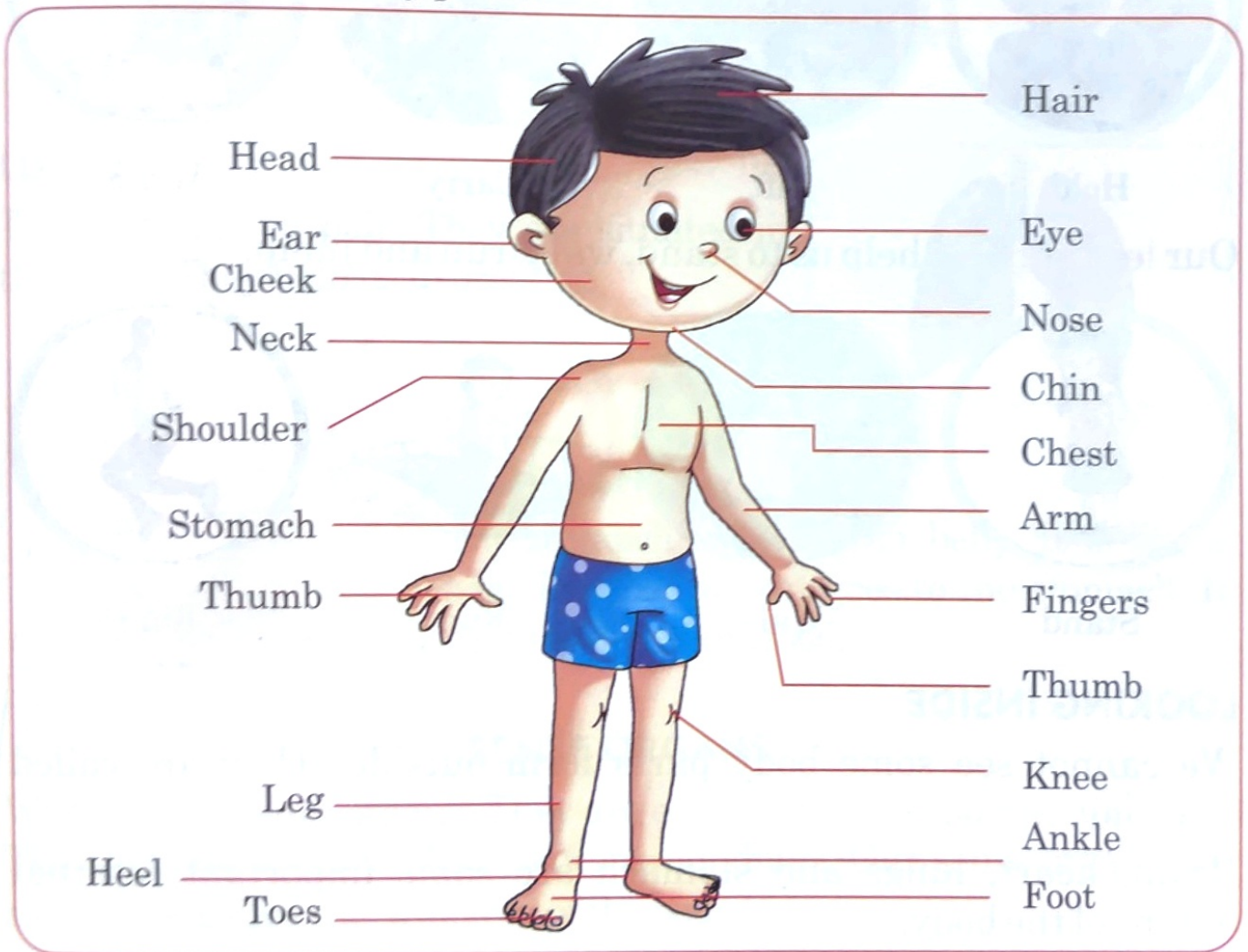
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My Body

Our body is like a machine. It is made up of many parts. Each part of the body has its own special function to perform. We should take proper care of our body parts.



Teacher's Tip

Play the game 'Simon says' with the children. Give them instructions like 'Simon says, clap your hands, Simon says close your eyes', and so on. Make them use as many body parts as possible. Let children know about fingerprints and prepare their own ID cards.



We can see and touch some parts of our body. They are called **external parts** of the body.

Head, neck, arms, legs, eyes, ears, nose and mouth are some external parts of the body.

Our **arms and hands** help us to hold, lift and carry things. We also use them to write and to eat food.



Hold



Lift



Carry



Write

Our **legs and feet** help us to stand, walk, run and jump.



Stand



Walk



Run



Jump

LOOKING INSIDE

We cannot see some body parts from outside. They are called **internal organs**.

Brain, heart, lungs and stomach are some important internal organs of the body.

TITBITS

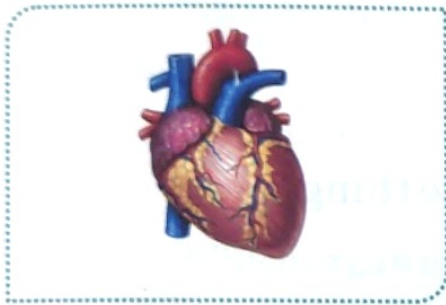
The biggest organ of the body is the liver.



Let us learn about these organs of our body.

BRAIN

The brain is inside our head. It helps us to think and learn. It also controls actions of all other body parts.

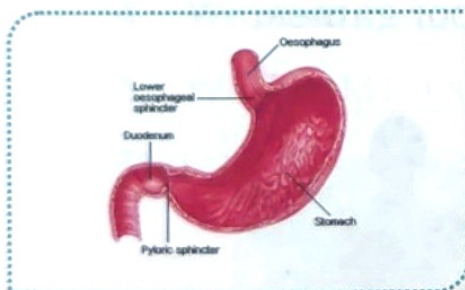


HEART

The heart lies a little to the left side of the chest. It pumps blood to all parts of the body. You can feel your heart beating, when you run fast or climb a staircase.

LUNGS

The lungs are in pair. They are situated in the chest. They help us to breathe.



STOMACH

The stomach is inside our belly. It is like a bag. The food we eat goes to the stomach. It helps to digest the food.

SENSE ORGANS

We have five sense organs. They are **eyes**, **ears**, **nose**, **tongue** and **skin**. They help us to know about our surroundings. Our sense organs are sometimes called the 'windows of the body.'

The **eyes** help us to identify shape, size and colour of a thing.





The **ears** help us to hear different sounds.

The **nose** helps us to smell the things.



The **tongue** helps us to taste things.

The **skin** helps us to feel the things.



TAKING CARE OF BODY

We should take good care of our body. Here are some simple tips to do so.

- Brush your teeth twice a day.
- Have a bath every day.
- Wear neat and tidy clothes.
- Cut your nails every week.
- Eat healthy food.
- Exercise regularly. Play outdoor games.



WRAP UP

- Our body is made up of many parts.
- We can see and touch external parts of our body.
- Brain, heart, lungs and stomach are some internal organs.
- We have five sense organs : eyes, ears, nose, tongue and skin.
- We should take good care of our body.



Time to Work

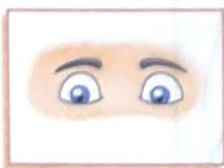
A. Tick (✓) the correct answer.

- We use our legs and feet to _____.
 hold write jump
- Which one is an internal organ?
 Heart Hand Head
- Which organ controls all functions of the body?
 Heart Stomach Brain

B. Complete the words.

- The b _____ is inside our head.
- The l _____ are in pair.
- The s _____ is like a bag.
- We have f _____ sense organs.
- We should brush our t _____ twice a day.

C. Match the sense organs with their functions.



1. eyes

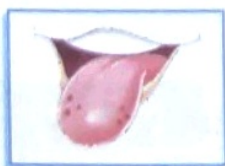


2. ear



3. nose

HEARING FEELING SMELLING TASTING SEEING



4. tongue



5. skin

D. Answer the following questions.

1. Write the names of any three external body parts.

2. Write the names of any three internal organs.

3. What are your five sense organs?

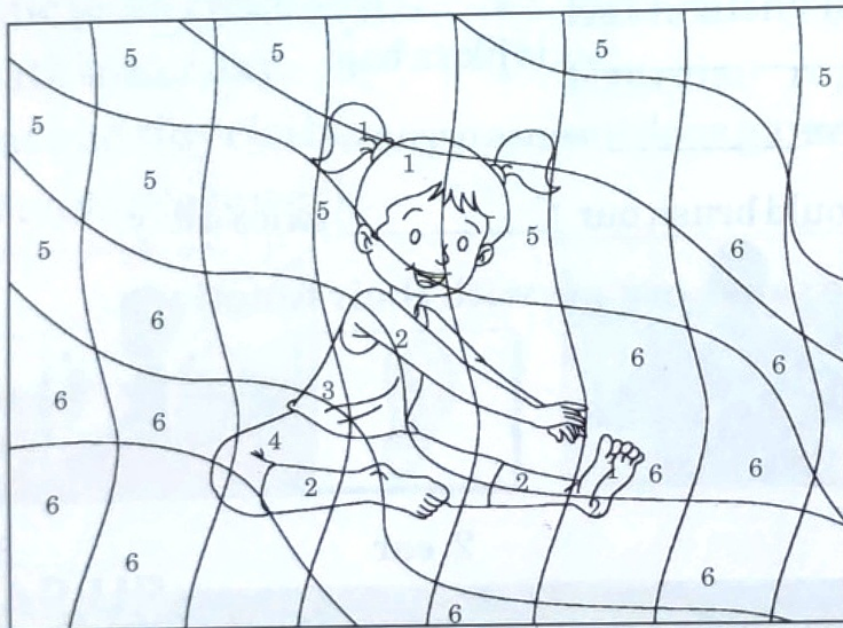


creative activities

Colour the picture given here.

COLOUR CODE :

1	2	3	4	5	6
Black	Orange	Red	Yellow	Blue	Green



Life Skills

Each child is not as lucky as you are. There are many physically challenged children around us. Ask your teacher how you should behave with such children and write the points in your notebook.