CHRIST KING HR. SEC SCHOOL KOHIMA CLASS -2 (A & B) 1ST TERM 2020 SUBJECT: SCIENCE

Chapter 7 FOOD FOR HEALTHY BODY

Summative Tasks

A. Tick (V) mark the correct answer

1. Body building food are rich in (a) Proteins (V) (c) Minerals (b) vitamin 2. Rice, potato, sugar are _____ food. (a) Energy giving food (√) (b) body building (c) protective food 3. _____ keeps us fit and healthy. (b) vegetable (c) Both (v) (a) Fruits 4. We should take food at ______ time. (b) proper (V) (a) Night (c) day 5. We must eat fresh and _____ food. (a) Clean (v) (b) dry (c) state

B. Answer this Question.

1). Why do we need food?

Ans: We need food to grow. Food gives us energy to do work, play and do our daily activities.

2). Name the food that gives us energy.

Ans: Sugar, butter, oil, rice, potato etc are the food that gives us energy.

3). Name the food that helps us to grow.

Ans: Milk, egg, fish, pulses etc are the food that helps us to grow.

4). Name that fight diseases.

Ans: Fruits and vegetables are the food that helps us to fight diseases.

5). How can we keep us bones and muscles healthy and fit?

Ans: We can keep our bones and muscles healthy and fit by doing regular exercise and eating body building food.

CHAPTER 11 AIR WE BREATHE

A. Answer this Question.

1) What is Evaporation?

Ans: The process of water converting into water vapours is called Evaporation.

2) What does air contain?

Ans: Air contains dust and smoke.

3) How does air become impure?

Ans: Air become impure when dust particles and smoke coming out of factories and vehicles get mixed with the air

4). How can you reduce the effects of impure air?

Ans: we can reduce the effect of impure air by planting more trees around us.

B. Tick (v) mark the correct answer.

1. All living beings need air to							
a. Breathe (🗸)		b. eat	c. feel				
2. Air contains vapours.							
a. Dust	b. water	(√)	c. light				
3 Air	r makes us sick						
a. Pure	b. fresh		c. impure (v)				
4. Plants	_ trees around us.						
a. more (v)	b. Less		c. hundred				

C. Write T for True and F for False

1) Air contains water vapours.	[T]
2) Air contains dust and smoke	[T]
3) Smoke is good for our health	[F]
5) Impure air makes us sick.	[T]
6) Air does not give shape	[F]

Chapter 12 Moving Air

A. Answer these Questions.

1). How does moving air help us?

Ans: Moving air helps us in many ways, like flying kite, inflating a balloon, playing with football, riding a bicycle etc.

2). Write three ways in which wind help us.

- Ans: a. Wind helps a hot air balloon to move up.
 - b. It helps an airplane to fly.
 - c. It generates electricity.

3). How are storms Harmful?

Ans: Storms are harmful as they can uproot trees; blow off rooftops of houses, cause damage to humans and plants and also make ships and boats overturned.

4). what is a weathercock used for?

Ans: A weathercock is a device used to check the direction of the wind.

B). Tick (v) mark the correct answer

1. Moving air is called	•			
a. wind (V)	b. storm	c. lightning		
2. Wind helps an	_fly.			
a. airplane (🗸)	b. train	c. bus		
3. A cool wind is called _	•			
a. breeze (🖌)	b. storm	c. rain		
4. Fast and stormy wind is called				
a. storm (🗸)	b. breeze	c. flood		

A. Write T for True and F for False.

1.	Moving air is called wind.	[T]
2.	Cool wind is called breeze.	[T]
3.	Fast and strong wind is called air.	[F]
4.	A weathercock shows the direction of the wind.	[T]

5. Storms can cause damage to human beings, plants and animals. [T]