

**VASISHTHA GENESIS SCHOOL, BABEN**

(ACADEMIC SESSION: 2026-27)

Date: \_\_\_\_\_ Class: 2 Div: A / B / C Roll No: \_\_\_\_\_ Subject: Science  
Name: \_\_\_\_\_

**REVISION WORKSHEET**

**Q1. Choose the correct option and answer the following questions:**

- i. Which sense organ covers bones and muscles?  
(a) ear                      (b) nose                      (c) skin                      (d) tongue
- ii. Fibres help us to get rid of \_\_\_\_\_ food from our body.  
(a) undigested      (b) digested      (c) both (a) & (b)      (d) none of these
- iii. Bones make up \_\_\_\_\_ of our total body weight.  
(a) 20%                      (b) 14 %                      (c) 25 %                      (d) 10%
- iv. Avoid eating \_\_\_\_\_ food.  
(a) protective      (b) covered      (c) raw                      (d) uncovered
- v. Our body has about \_\_\_\_\_ muscles.  
(a) 206                      (b) 600                      (c) 650                      (d) 300
- vi. We should take our meals at \_\_\_\_\_ time.  
(a) Any                      (b) proper                      (c) play                      (d) random

**Q2. Fill in the blanks with the appropriate words and complete each sentence:**

- i. We eat food to stay \_\_\_\_\_.
- ii. Never \_\_\_\_\_ food.
- iii. Eating \_\_\_\_\_ provides us fibres.
- iv. We are born with \_\_\_\_\_ bones in our body.
- v. We must drink at least \_\_\_\_\_ glasses of water every day.
- vi. Fruits and vegetables are \_\_\_\_\_ foods.
- vii. \_\_\_\_\_ gives shape and support to our body.
- viii. \_\_\_\_\_ are hard stiff and covered with muscles.
- ix. The way we sit, stand, walk and move is called \_\_\_\_\_.

**Q3. State whether the following statements are True or False:**

- i. Wash fruits and vegetables before using them. \_\_\_\_\_
- ii. We should sleep for 10 to 12 hours at night. \_\_\_\_\_
- iii. Muscles lie just above the skin. \_\_\_\_\_
- iv. A good and correct posture gives a proper shape to our body. \_\_\_\_\_
- v. Protective foods give our body nutrients to grow. \_\_\_\_\_
- vi. An adult has 206 bones in the body. \_\_\_\_\_
- vii. Water is not important for life. \_\_\_\_\_
- viii. Correct posture is important to look smart and to be healthy. \_\_\_\_\_
- ix. We should do exercise daily. \_\_\_\_\_

**Q4. Match the following columns:**

Column A	Answers	Column B
1. Butter & potato	1 -	a. Helps us to grow
2. Bones & muscles	2-	b. strong frame work
3. Our body has	3 -	c. strong muscles
4. Body building food	4 -	d. 70% water in it
5. A strong framework of bones	5 -	e. Energy giving food
6. Sport Person	6 -	f. Work as a team