

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 alive.
- ii. Never waste food.
- iii. Eating salad provides us fibres.
- iv. We are born with 300 bones in our body.
- v. We must drink at least 6 - 8 glasses of water every day.
- vi. Fruits and vegetables are protective foods.

- vii. Skeleton gives shape and support to our body.
- viii. Bones are hard stiff and covered with muscles.
- ix. The way we sit, stand, walk and move is called posture.

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

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

Q4. Match the following columns:

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