



SHREE VASISHTHA VIDHYALAYA

Science Worksheet 2026-2027

Name: _____

Std: II - _____

Roll No. _____

Worksheet No: - TA1-06

Date: - _____

Ch-8 My Body

Ch-9 Our Food

1. Fill in the Blanks

- The place where two or more bones meet is called a joints.
- Muscles pull our bones and make them move.
- All the bones in our body together form our skeleton.
- The strong muscle above your elbow is called the biceps.
- There are 206 bones in our body.
- We should always eat healthy food and drink clean water.
- Our body needs plenty of water every day.
- Stale food may have germs and can make us sick.
- To be healthy, we need food from all four groups.

2. True or False

- Bones can move all by themselves, without any help. True / False
- The skeleton gives our body its shape and support. True / False
- The knee, elbow and shoulder are all joints. True / False
- We have fewer than 100 muscles in our body. True / False

3. Match the Food Group to What It Does

Food	What it does for us
1. Rice, bread, potatoes	A. Helps our body grow
2. Milk, eggs, fish, dals	B. Gives quick energy
3. Butter, ghee, oil	C. Protects us from diseases
4. Fruits and vegetables	D. Gives energy our body can store

1) b, 2) a, 3) d, 4) c

4. Think and Write

a) Name any THREE joints in your body: Elbow, finger, knee

b) Name TWO exercises that keep your bones and muscles strong:

Playing outdoor games, Cycling

5. Unscramble the Words

Scrambled Word	Hint	Your Answer
LIK M	A white drink that helps us grow	Milk
RETWA	We should drink 4-6 glasses every day	Water
STIRUF	Apples and oranges belong here	Fruits
YGNREE	Food gives us this to work and play	Energy

6. Good Habit or Bad Habit?

Tick (✓) the correct box for each habit.

Habit	Good ☺	Bad ☹
Washing hands with soap before eating .	☒	☐
Eating in a hurry without chewing well	☐	☒
Keeping food covered to protect it from flies	☒	☐
Eating stale, uncovered food	☐	☒
Drinking clean, boiled or filtered water	☒	☐

7. Answer in one word:-

1) What are the strong muscles above your elbow called? Biceps

2) What helps our bones move? muscles

3) Which food helps our body fight against diseases? Fruits and vegetables

4) What do we call the place where two bones meet? joints