

ST THOMAS SCHOOL, DHURWA, RANCHI

SECOND TERM , SESSION 20201– 2022

CLASS : II SUBJECT: ENVIRONMENTAL STUDIES

CHAPTER – 12 Healthy Body And Mind (Answers)

Text Book (Exercises A and B to be done in the text book itself. Only Question and Answer to be done in note book.)

Ex B). Fill in the blanks.

- 1) strong
- 2) refreshes
- 3) Yoga
- 4) kids
- 5) relaxing

Ex C). Outdoor/ Indoor Activity

Outdoor Activities – Cricket, Swimming, Cycling

Indoor Activities – Reading book, Painting, Playing with toys, Watching TV, Ludo, Video games

WORKSHEET: To be done in the book.

Ex 1. Fill in the blanks.

- a. rest and fun.
- b. refreshes
- c. 10 to 11
- d. body
- e. muscles and bones
- f. unhealthy and overweight

Ex. 2 and Ex 3 to be done with the help of the guardians.
