

VIDYA BHAWAN BALIKA VIDYAPEETH, LAKHISARAI

CLASS-2 SUBJECT-ENVIRONMENTAL STUDIES

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BASED ON NCERT PATTERN

Chapter:- 07, Good Habits

Practice

1. Match the columns. Column B list what happens when you do not do the things listed in Column A.

1. Brush teeth twice a day Bad breath and cavities

2. Bathe daily Body odour

3. Wash hands before eating germs on hands and
an upset tummy

4. Shampoo hair tangled and dirty hair

5. Sneeze without a handkerchief spread germs

2. Write T for true and F for false.

a. We should not brush our teeth daily. F

b. We should cover our mouth with handkerchiefs
when we sneeze. T

c. We should keep long nails. F

d. We should not burp in public. T

3. Answer the following questions.

a. When should we brush our teeth?

Answer:- We should brush our teeth in the morning and before going to the bed at night.

b. What should we do while coughing or sneezing?

Answer:- We should cover our mouth with a handkerchief before coughing and sneezing.

c. How many hours should we sleep daily?

Answer:- We should sleep for at least 8 hours everyday.

Homework-Write and Remember.