



EVS WORKSHEET

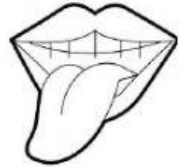
NAME: _____

UNIT : Our Body

DATE: _____

I. Tick the correct answer and write in the blank:

1. The soft parts of our body are called _____ (bones/muscles).



2. Our _____ help us to feel and know the world around us.

(legs / sense organs).

3. Our _____ helps us to taste different types of food (tongue/skin).



4. We have about (600 / 800) _____ muscles in our body.

5. Parts of the body that can be seen by us are called _____ organs.

(internal/external).

II. Fill in the blanks using the words given in the brackets:

(bones, muscles, skeleton, 206, brain, posture)

1. Human body has _____ bones.



2. The _____ gives shape and support to the body.

4. Regular exercise helps to keep our _____ and _____ strong.

5. The way in which somebody holds his/her body is called _____.

6. _____ is the control centre of our body.

III. Fill in the correct word to complete the sentences:



Wash your _____
before each meal



Brush your _____
after every meal



Cut your _____
regularly



Get enough _____
every night

III a. Which posture is correct? picture 1 or 2. Give reasons for your answer.



picture 1



picture 2

I. Tick the correct answer and write in the blank:

1. The soft parts of our body are called **muscles** (bones/muscles).
2. Our **sense organs** help us to feel and know the world around us. (legs / sense organs).
3. Our **tongue** helps us to taste different types of food (tongue/skin).
4. We have about (600 / 800) **600** muscles in our body.
5. Parts of the body that can be seen by us are called **external** organs. (internal/external).

II. Fill in the blanks using the words given in the brackets:

(bones, muscles, skeleton, 206, brain, posture)

1. Human body has **206** bones.
2. The **skeleton** gives shape and support to the body.
4. Regular exercise helps to keep our **bones** and **muscles** strong.
5. The way in which somebody holds his/her body is called **posture**.
6. **Brain** is the control centre of our body.

III. Fill in the correct word to complete the sentences:



Wash your **hands**
before each meal



Brush your **teeth**
after every meal



Cut your **nails**
regularly



Get enough **sleep**
every night

III a. Which posture is correct? picture 1 or 2. Give reasons for your answer.



picture 1



picture 2

The posture in the picture 1 is correct. While sitting we should not bend our shoulders and should keep our back straight.
