

KASIDIH HIGH SCHOOL (A UNIT OF JEM FOUNDATION)
SAMPLE PAPER (SESSION 2025-26)

STD : II

SUBJECT: EVS

F.M=30

TIME: 2 HRS

NAME : _____ CLASS : _____ SECTION : _____ ROLL NO. _____

Q:1. Fill in the blanks. **(1×5=5)**

- a. Muscles cover the _____ (bones/inner organs) and give shape to the body.
- b. We should drink at least _____ (six/ eight) glasses of water every day.
- c. We should keep our back _____ (bent/straight) while sitting.
- d. We should _____ (chew/swallow) our food.
- e. Ghee is an _____ food. (Body building/ Energy giving)

Q:2. State True/ False. **(1×5=5)**

- a. Joints are a framework of bones. _____
- b. Body building foods make our bones and muscles strong. _____
- c. We should place the weight of our body evenly on both our feet. _____
- d. We can eat our meals any time we want and how much we want. _____
- e. We have 206 bones and 600 muscles in our body. _____

Q:3. Give two Examples. **(2×2=4)**

- a. Joints - _____, _____.
- b. Protective food- _____, _____.

Q:4. Answer in one word. **(1×5=5)**

- a) The soft part of the body.- _____
- b) Food that protects us from falling sick.- _____
- c) Food that is not fresh.- _____
- d) The position of our body while sitting, standing or walking.- _____
- e) What we eat each time in a day. - _____

Q:5. Short Answer Type Question. **(2×3=6)**

1. What gives shape to our body?

Ans- _____

2. How is exercise and healthy food important for us?

Ans- _____

3. Why do we need energy giving food ?

Ans- _____

Q:6. Look at the picture given below and answer questions from it.:-

(1×5=5)



a. Identify the picture- _____

b. How many bones are there in it- _____

c. Write and draw any 2 foods to make the given above picture strong-

d. Draw a picture of protective food and label it.