



# MY LIVING WORLD

( Class-II )



Publication Division  
D.A.V. College Managing Committee  
Chitragupta Road, Delhi- 110 055

## CONTENTS

| S No.   | Page No. |
|---|----------|
| 1. More about me .....                                | 1        |
| 2. More on personal cleanliness and good habits ..... | 15       |
| 3. Our food .....                                     | 22       |
| 4. Our clothes .....                                  | 30       |
| 5. A house to live in .....                           | 36       |
| 6. Neighbourhood .....                                | 44       |
| 7. Plants around us .....                             | 54       |
| 8. Animal world .....                                 | 62       |
| 9. Living things / Non-living things .....            | 73       |
| 10. Water .....                                       | 79       |
| 11. Weather and seasons .....                         | 84       |
| 12. Means of transport .....                          | 89       |
| 13. Traffic rules .....                               | 95       |
| 14. Important days .....                              | 99       |
| 15. Great men of Arya Samaj .....                     | 103      |



1

## MORE ABOUT ME

This is how I look now.



Stick your picture here.



This is me.

### About Myself

My name is Pratyush .....

I am a boy ....., (boy / girl)

I am seven ....., years old.

I am in Class II .....

I study in P.S.V. ....., school.

My address is Talwar town .....

Chidwala, Kaza or main road .....

My number is 240362 .....



I am grown up now.



I can do so many things on my own.

Write Yes or No.

I can -

- 1. brush my teeth! yes
- 2. drive a car no
- 3. ride a cycle yes
- 4. cook food no
- 5. read a story book yes



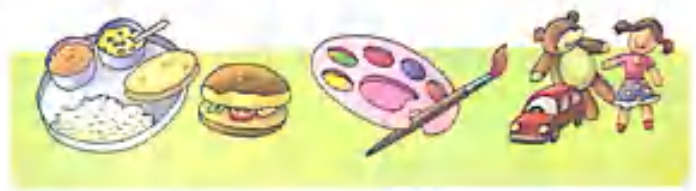
Write two more things that you can do yourself.

- 1. Ride a bicycle
- 2. Read a story book

For the teacher - Encourage the children to do things like arranging the bag, keeping things at their places etc.



I have my own likes and dislikes.



My favourite -

- food is sweet
- colour is red
- book is computer
- toy is Teddy bear
- flower is rose
- game is Basket ball



**We all look different.**

We all have the same body parts and yet we are different from one another. This is because of the difference in shape, size or colour of our body parts.

Some of us are short while some are tall.

Now look at the given picture and write down the name of the child who is -



Tallest Kabir.....

Shortest Meenu.....

We all have two legs and two feet but they are different in size.

Look at the picture given below.



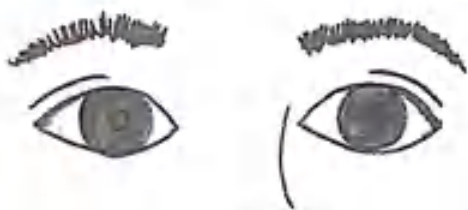
**Q. Do they have same size of feet?**

A .....

We all have two eyes but they are different in colour. Most of us have black eyes but some have brown, green or blue eyes.



Look yourself into the mirror. Check the colour of your eyes and fill it in the given picture.



Most of the people have black hair but some have brown or white hair. This is Rahul's Family. Look at the colour of hair of each member in Rahul's family. Does it look same?



Write down the colour of the hair of all the members of YOUR FAMILY.



| Family member | Colour of Hair |
|---------------|----------------|
| Grand father  | white          |
| Grand mother  | white          |
| Father        | black          |
| Mother        | black          |
| Brother       | black          |
| Sister        | black          |
| Yourself      | black          |

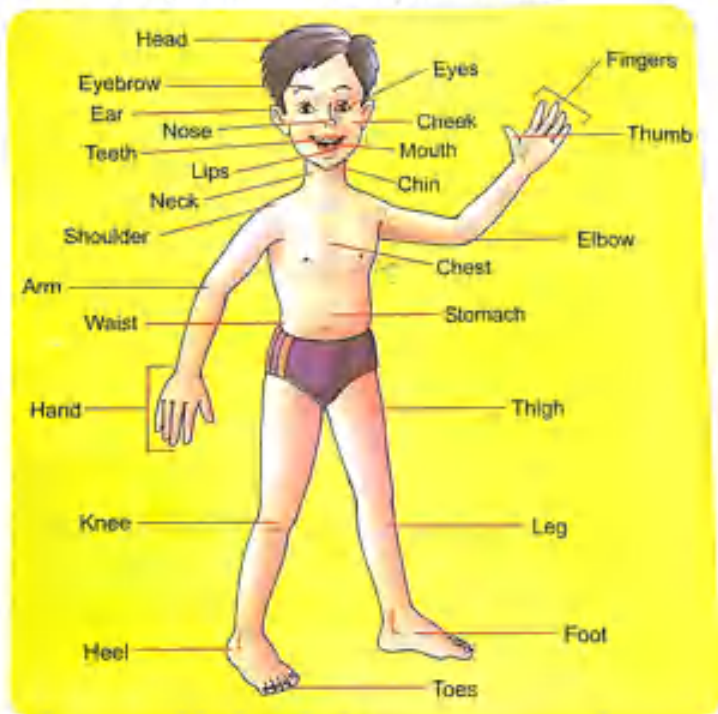
**Activity :** Compare yourself with your friend and complete the following table:

| Characteristics | Myself   | My Friend |
|-----------------|----------|-----------|
| Name            | Pratibha | Ashwin    |
| Age             | 7        | 7         |
| Boy / Girl      | Boy      | Boy       |
| No. of teeth    | 26       | 26        |
| Colour of hair  | black    | black     |
| Colour of eyes  | black    | black     |
| Shoe size       | 22       | 22        |
| Height          | 127      | 127       |
| Weight          | 25       | 25        |

**For the teacher -** Make the students sit in pairs. Let them compare different characteristics given in the table and record the same in the given space.

Thus, these are the features that make us look different from each other. Let us study about the different parts of our body.

See the picture given below and identify different body parts.



Something to do

















A. Count and write the number of these body parts.

two

- Eyes ..... two
- Nose ..... two
- Ears ..... two
- Hands ..... two
- Fingers on each hand ..... five
- Legs ..... two
- Toes on each foot ..... five



B. Name the body part which rhymes with the given words.

- |   |            |       |   |
|---|------------|-------|---|
|  | 1. SOUTH - | MOUTH |  |
|  | 2. BAND -  | HAND  |  |
|  | 3. ROSE -  | NOSE  |  |
|  | 4. REST -  | CHEST |  |
|  | 5. CHECK - | NECK  |  |
|  | 6. DUMB -  | THUMB |  |
|  | 7. PIN -   | CHIN  |  |
|  | 8. WARM -  | ARM   |  |

C. Find out ten body parts from the word grid. Also write them down in the given space. First one is done for you.



Tongue.....  
 Nose.....  
 Teeth.....  
 Lip.....  
 Arm.....

Neck.....  
 Foot.....  
 Eye.....  
 Chest.....  
 Shoulder.....

SEE HOW MY BODY WORKS

Different body parts namely hands, fingers, legs, feet and arms help us to do different things.

Reena is very smart. See what all she does with her hands and fingers.



Reena eats with her hands and fingers.



Reena holds things with her hands and fingers.



Reena catches a ball with her hands and fingers.



Reena writes with her hands and fingers.

Meet Reena's friend Rahul. Rahul is also very active and smart. See what he does with his legs and feet.



Rahul walks with his legs and feet.



Rahul runs with his legs and feet.



Rahul jumps with his legs and feet.



Rahul kicks a ball with his legs and feet.



So, this is how our arms, hands, fingers, legs and feet help us to do different things.



Something to do

A. See the pictures given below and write which part of our body help us to do the following activities -



.....Hand.....



.....Hand & leg.....



.....Hand.....



.....Hand.....



.....Hand.....



.....Hand & leg.....



B. Join the dots to make the picture. Colour the picture with the help of your little hands and fingers.



C. Encircle the odd one out.

Hand, Arm, Elbow, Fingers, **Bangle**  
 Thigh, **Shoe**, Knee, Foot, Toe  
 Eyes, Nose, Mouth, **Food**, Ears  
 Chest, Stomach, **Belt**, Neck, Waist



2

## MORE ON PERSONAL CLEANLINESS AND GOOD HABITS



Last year, we learnt how to keep our body clean. Let us know more about cleanliness and good habits.



To be healthy, it is very important to keep our body clean. See what all we do during the day.



We brush our teeth twice a day.  
 We wash our mouth after every meal.



We take a bath daily.  
 We clean our eyes, ears and nose.



We wear clean and ironed clothes.  
 We comb our hair neatly.  
 We oil our hair regularly.

We cut our nails regularly.



If we do not take care of our personal cleanliness, we will be unhealthy and sick.

Look at Manu. He is sick and unhealthy.



Manu does not brush his teeth. Brushing helps us to fight tooth decay.



Manu does not take a bath everyday. If we do not take a bath regularly, we smell.



Manu does not comb his hair. If we do not comb our hair, it itches.



Manu does not cut his nails. Germs live and grow in his nails.

16

Now see the pictures given below and tick (✓) the child you would like to be friends with.



### GOOD HABITS

Along with cleanliness, we should also follow some good habits. These habits help to keep us fit and healthy.



Avoid talking or laughing while eating.

17



Putting pins or sharp objects into eyes or ears may hurt us.



Sharing of handkerchief and towel may cause infection.



Use a hanky while coughing or sneezing.



Biting nails can make us fall ill.

For the teacher - Discuss some more good habits with the students.

Something to do

A. Here are the things which help to keep us clean. Find out the brand names of the following items which you use at home.

| Product       | Brand Name |
|---------------|------------|
| 1. Toothpaste | .....      |
| 2. Bath soap  | .....      |
| 3. Hair oil   | .....      |
| 4. Shampoo    | .....      |
| 5. Toothbrush | .....      |



**B. Find out different objects in the box given below and write their names against the correct statement.**

1. I make your teeth shining bright. ....
2. You use me while taking bath .....  
.....
3. I trim your nails. ....
4. I make your hair healthy and not let them be rough. ....  
.....
5. I help when you cough or sneeze. ....



**C. Write Good or Bad against the following statements :**

|   |                                   |  |
|---|-----------------------------------|--|
| 1. I brush my teeth twice daily.            | <input type="text" value="Good"/> |  |
| 2. I clean my nose with my sleeves.         | <input type="text" value="Bad"/>  |  |
| 3. I wash my hands before and after a meal. | <input type="text" value="Good"/> |  |
| 4. I spit on the floor.                     | <input type="text"/>              |  |
| 5. I do not share my towel or hanky.        | <input type="text"/>              |  |
| 6. I bite my nails.                         | <input type="text"/>              |  |

**D. Activity** - Collect the wrappers and advertisements of toothpaste, toothbrush, dettol, hair oil, shampoo etc. Make a collage and display it on your class display board.



Last year, we read about food. All living beings need food to live and to grow.

#### Let us remember

- We eat food to live and to grow.
- Food gives us energy.
- Food keeps us healthy and makes us strong.

We eat different types of food. We get food from plants and animals. Things we get from plants are called **Plant Products** and the things which we get from animals are called **Animal Products**.



#### FOOD WE GET FROM PLANTS

Plants give us fruits, vegetables, grains and pulses. They also give us nuts and oil.

##### GRAINS



Wheat plant



Flour



Chappatis

Grains are used to make chappati, biscuit, bread etc.

##### PULSES



Pulse plant



Pulse seed



Dal

Pulses are used to make dal, rasam, sambar etc.

##### FRUITS AND VEGETABLES



Fruits



Vegetables

Plants give us fruits. We eat fresh fruits. We also make juices from the fruits. Vegetables are cooked and then eaten. Some vegetables can be eaten raw. We also make soups of vegetables.

## NUTS



Peanuts



Almonds



Cashewnuts



Walnuts

Nuts are used as dry fruits in winters. We also get oil from them.

## OILS



Peanut oil



Sunflower oil



Mustard oil



Coconut oil

Plants give us oil. Oil is used to cook food.

**Activity** - Tell the students to collect the pictures of any four food items they like to eat and paste them in their activity book.

## FOOD WE GET FROM ANIMALS



Cow



Buffalo



Goat

Animals like cow, buffalo, goat give us milk.



Milk



Milk products

Milk is used to make curd, butter, cheese, kheer, ice-cream etc.



Eggs



Chicken



Mutton



Fish

Hen gives us eggs. Some people eat the meat of the animals.

### Do you know?

A person who eats food that comes from plants and milk products is called **Vegetarian**.

A person who eats meat of animals is called **Non-vegetarian**.

**It is always better to remain vegetarian.**



Jojo does not keep well. He buys food from the road-side hawkers. He also eats chocolates and toffees everyday.

To remain healthy, avoid eating -



Uncovered food



Food from road-side hawkers



Spicy, fried food



Too many sweets



Junk food

It is very important to cover the food. Flies make the food dirty. Too much sweets and fried food is not good for health.

Something to do

A. Write the names of any three food items that we get from plants and three food items that we get from animals.

| Food we get from plants       | Food we get from animals |
|-------------------------------|--------------------------|
| Fruits<br>Vegetable<br>Pulses | Egg<br>Chicken<br>Mutton |

B. Write the names of any five food items which we make from milk.

- .....Kheer.....
- Ice cream.....
- Butter.....
- Curd.....
- .....Lassi.....

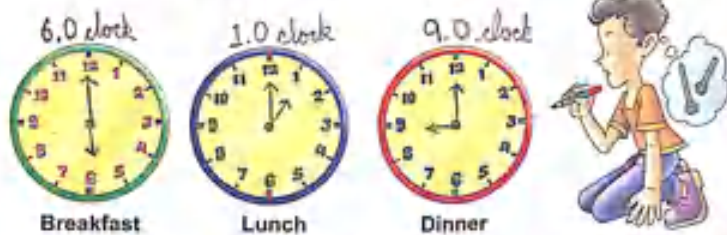


C. Classify the foods given below into the correct column.

channa dal, rice, spinach, mango, orange, ghee, kuli, wheat, cabbage, fish, minced meat, rajma beans

| Food from plants |        |        |            | Food from animals |       |
|------------------|--------|--------|------------|-------------------|-------|
| Grains           | Pulses | Fruits | Vegetables | Milk products     | Meats |
|                  |        |        |            |                   |       |

D. Draw the hands of the clocks to show your meal time.



Now write the names of those food items that you eat in -

|           |                    |
|-----------|--------------------|
| Breakfast | Milk bread         |
| Lunch     | Rice Dal vegetable |
| Dinner    | Chappatie Dal      |



E. Write Good or Bad against the following statements :

- We should eat all the time. bad
- We should eat lots of ice-cream. bad
- We should drink clean water. good
- We should take as much in our plate as we can eat. good
- Fruits and vegetables are good for health. good
- Spicy and fried food is not good for health. bad
- Food from road-side hawkers is good to eat. bad
- Junk food is good for health. bad





## OUR CLOTHES



Charu is looking smart. She is wearing a beautiful dress. She is going to a party. Charu wears clothes according to the weather and seasons.



Do you remember?

- We wear clothes to cover our body.
- Clothes protect us from heat, cold, rain and wind.
- Clothes also protect us from dust and dirt.

Encircle the clothes worn by people around you.



We wear different kinds of clothes in different seasons.

In summer, we wear cotton clothes. These clothes keep us cool in hot summer season. We get cotton from cotton plant.



Draw the pictures of summer clothes and write their names.





We wear woollen clothes in winters. These clothes keep us warm. We get wool from some animals like, sheep. Wool is used for knitting sweaters, caps, socks and other woollen clothes.

People living in very cold places wear fur and leather clothes. When animals die of old age, their skin is used for making fur and leather goods. We should never hunt animals for their skin.

Draw the pictures of winter clothes and write their names.

cap  
socks  
gloves  
sweater

**For the teacher -** Tell the students that animals are our friends. They also want to live. So we should not tease or kill them.



We wear plastic clothes in rainy season. These clothes are made of plastic or rubber.

Thus people wear clothes as per weather and seasons.

Draw the pictures of plastic clothes and write their names.

Umbrella  
boots

**Do you know?**

- We also wear silk clothes. We get silk from silkworm.

- Clothes from man-made fibre are called synthetic clothes.

Something to do

A. Choose the correct word from the help box to fill in the blanks.

cotton, uniform, skier, umbrella, wool

1. Cotton clothes are worn in summers.

2. We wear a uniform in the school.

3. An umbrella is used in rainy season.

4. We should never hurt animals for their skin.

5. We get wool from sheep.



B. See the example and make pair of these clothes.

1. Salwar-Kameez

2. Saree-Blouse

3. Shirt-Pant

4. Dhoti-Kurta

- Shawl
- Skirt
- Blouse
- Shirt
- Kameez
- Pant
- Blouse



Do you know?

• A weaver weaves clothes.



• A tailor stitches our clothes.



• A washerman washes and iron our clothes.



We all live in a house. A house keeps us safe. It protects us from heat, cold, rain and wind. It also protects us from animals and thieves.

### HOUSES ARE OF DIFFERENT TYPES



A Hut

People, in towns and cities, live in 'Pucca houses'. These houses are made of cement, bricks, stones, steel and iron.

In small villages, most people live in the huts which are made of mud, straw and bamboos. These type of houses are called 'Kachcha houses'.



A Bungalow

Some houses are very big. There are many rooms in this house. There is also a very big lawn outside the house. Such independent houses are called 'Bungalows'.

In cities, you must have seen tall buildings. These are made of iron, cement, bricks and stones. There are many flats in a building. One family can live in each flat.



A Flat

Most people live in 'Permanent houses'. But the people who move from one place to another live in a 'Temporary house'.



A Tent



#### Do you know?

A skyscraper is a multi-storey building having many floors.

People who live in deserts often live in tents. These tents can be moved easily and set up at another place.



**A Caravan**

Some people travel from one place to another for their livelihood. They live in '**Caravans**'. Caravan is a house on wheels.



**A Houseboat**

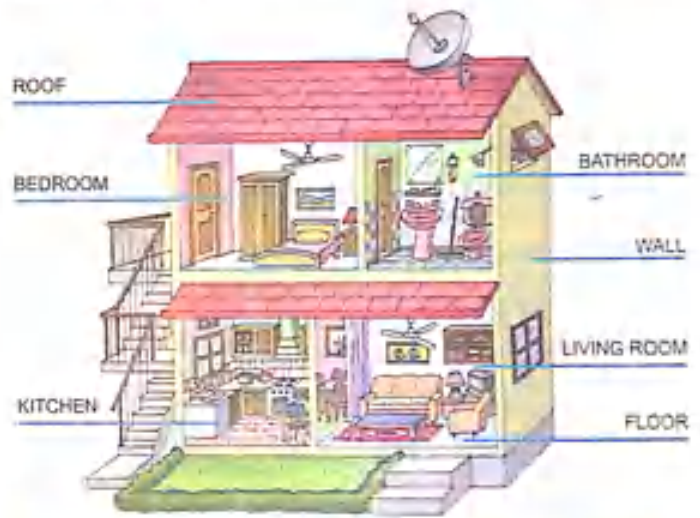
Some people live in houses near the bank of river or in a lake. These houses are called '**Houseboats**'. The houseboats are made of wood, ropes, straws and bamboos.



**An Igloo**

People who live in very cold places live in '**igloos**'. These houses are made of solid snow. The roofs of these houses are dome-shaped.

A house has many rooms. We do different things in each room.





**Living room**

We sit and talk to our guests in the living room.



**Dining room**

We eat our meals in the dining room.



**Bedroom**

We sleep in our bedroom.



**Kitchen**

We cook our meals in the kitchen.



**Bathroom**

We take bath in the bathroom.

It is very important to keep our house clean. Mosquitoes, flies and germs live in dirty places. We should clean our house everyday. The household garbage should be collected in covered dustbins. Washbasin, toilet and bathroom must be cleaned properly.

**Something to do**

A. Here are the pictures of two houses. Tick (✓) the house you would like to live in. Also explain to your teacher why you have chosen a particular house.



B. Fill in the blanks.

1. Our house keeps us .....
2. A house made of mud, straw and bamboos is called a .....
3. People living along the river banks or in the lakes live in a .....
4. We welcome our guests in the ..... room.

5. Big independent houses are called .....
6. An igloo has a .....-shaped roof.
7. A house made up of solid snow is an .....

**C. Name the different rooms in your house where you can -**

- entertain your guests .....
- take a bath .....
- sleep .....
- eat your meals .....

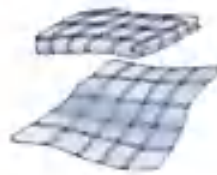


**D. Put a (✓) or (x) against the following statements:**

1. We should clean our house everyday.
2. Garbage should be thrown on the road or in the streets.
3. Washbasin and toilet must be cleaned properly.
4. We should keep our clothes and toys at a proper place.



**E. Given below are the things that are used to keep our house clean. Identify and name them.**



I always keep my house clean.



Houses close to each other make a neighbourhood. People living in a neighbourhood need some services, like school, hospital, market etc. These places provide us with important facilities. Let us study about some of these places.

### POST OFFICE

Have you seen a letter box in your neighbourhood?



- We post letters in the letter box,
- The postman collects the letters from the letter box and takes them to the post office.
- At the post office, letters are sorted out and sent to different places.

- The post office provides us with other services also. We can buy Stamps, Post cards, Inland letters etc. from the post office. Post office offers many money saving schemes.
- We can also send **Parcels** and **Money orders** from the post office.



Visit a nearby post office. Find out the cost of the following things and write them below:

- A Post card .....
- An Envelope .....
- An Inland letter .....
- A Stamp .....

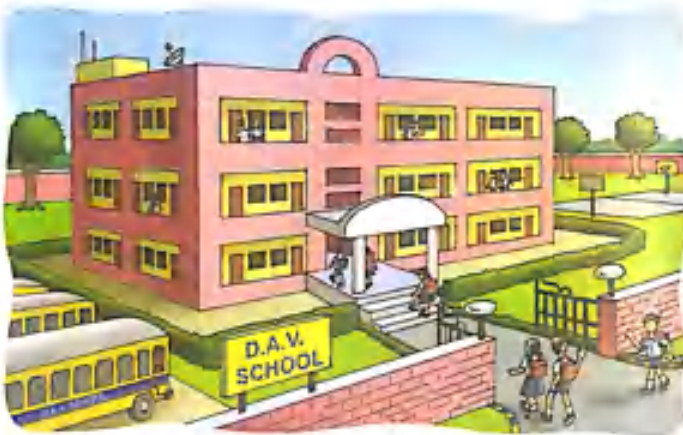


**For the teacher** - Teacher can tell students about stamps of different denominations and stamps of different countries.



## SCHOOL

- There is one or more than one school in most of the locations.
- Children of these localities go to study there.
- Children studying there spend less time in travelling to school. That is why people like to send their children in the neighbourhood school.



Name the school where you study.

I study in .....

46

## BANK

- People keep their money in the bank.
- They take out the money when they need it.
- These days ATM (Automatic Teller Machine) is the fastest method to withdraw money.
- People also keep their precious things in bank lockers.



Is there any bank near your house? Yes / No.  
If yes, write the name of that bank.

.....  
For the teacher - Ask the students to visit a nearby bank with their parents and observe how an ATM works.

47

## HOSPITAL

- A hospital is a must in every neighbourhood.
- We go to the hospital when we are sick.
- There are doctors and nurses in the hospital.
- The doctors examine the patients and give medicines.
- The nurses look after the patients.

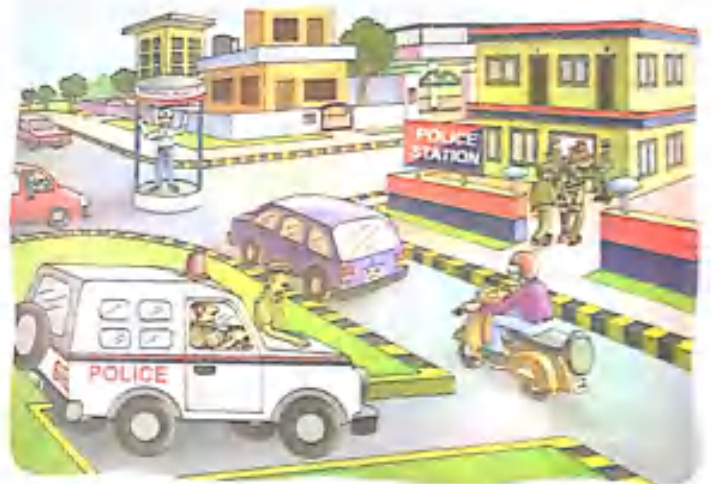


**For the teacher -** Visit a nearby hospital with the students. Show them the people working there and the things they use.

48

## POLICE STATION

- The police protects us from thieves and robbers.
- They help us when we are in trouble.
- They work day and night for our safety.
- The traffic police controls the traffic on the road.

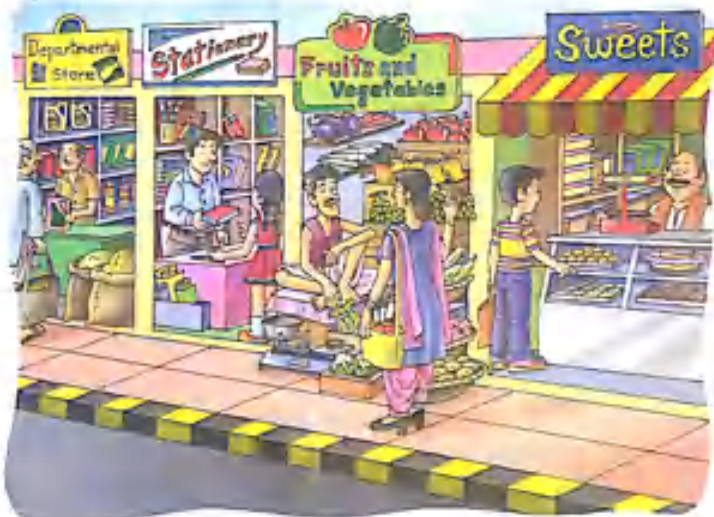


**For the teacher -** Tell the students about the functions of the police and how they solve our problems.

49

## MARKET

- Every neighbourhood has a market.
- A market has different shops.
- We can buy fruits, vegetables, books, grocery etc. from the market.
- We buy different things from different shops.



50

## Something to do

### A. Fill in the blanks.

1. A ..... delivers letters to our house.
2. The colour of the letter box is .....
3. There are different ..... in our school library.
4. The ..... and ..... take care of patients in the hospital.
5. We buy stamps from the .....
6. We buy pencils and erasers from the .....
7. The ..... helps to control traffic.



### B. Name the following people:

1. She teaches us. ....
2. He sells medicines. ....
3. He controls the traffic. ....
4. She looks after the patients. ....



51