



B.K. BIRLA CENTRE FOR EDUCATION

SARALA BIRLA GROUP OF SCHOOLS
A CBSE DAY-CUM-BOYS' RESIDENTIAL SCHOOL
PERIODIC TEST -1 2026-27

EVS (SET-1)

Class: II
Date : 12.06.2026
Admission no:

Time: 1hr
Max Marks: 25
Roll no:

General Instructions:

- Attempt the questions based on the specific instructions for each part.
- Review your answers before submitting your answer sheet.
- All questions are compulsory.

Q1. Tick (✓) the correct option:

1 X 5 = 5

1. The place where two bones meet is called a:
 - a) Muscle
 - b) Joint
2. Which organ helps us think and remember things?
 - a) Heart
 - b) Brain
3. Which of these is an internal organ?
 - a) Stomach
 - b) Hand
4. We should sleep for _____ hours every day.
 - a) 2–3 hours
 - b) 8–9 hours
5. To keep our body safe from germs, we must:
 - a) Bathe
 - b) Play

Q2. Fill in the blanks using the words given below:

1 X 5 = 5

(Lungs, Exercise, Twice, Posture, Skeleton)

1. The air we breathe in goes into the _____.
2. The _____ is the framework of bones that gives shape to our body.
3. We should brush our teeth _____ a day.
4. _____ helps us develop strong muscles and bones.

5. The position in which we hold our body when we sit or stand is called _____.

Q3. Answer the following question

2 x 3 = 6

1. What does the heart do for us?

Ans : _____

2. Mention any two healthy habits we should follow to keep our body clean.

Ans: _____

3. What is posture ?

Ans: _____

Q4. Answer the question in detail

3 X 3 = 9

1. Write sense organ with their function,

Ans: _____

2. How do we keep our body Clean ?

Ans : _____

3. What does our brain do write in detail.

Ans : _____

*****ALL THE BEST*****