

Class- 2
Subject – science
Unit- 3 (HEALTH and CARE)
OUR BODY

Our body is made up of bones and muscles. Bones are hard and muscles are soft. Bones and muscles work together.

Bones:

1. Bones are hard and tough.
2. We have 206 bones in our body.
3. Some bones are big and some bones are small.

Joint: The place where bones meet is called a joint. Because of joints we can move our body.

The Skeleton: The bones inside our body form a framework. This framework of bones is called skeleton.

Importance of skeleton:

1. It gives shape and support to our body.
2. It helps us to stand straight.
3. Skeleton also protects the soft inner parts of our body like brain, the heart, the lungs etc.

Muscles: Muscles cover the bones and help them to move. There are over 600 muscles in our body.

Importance of bones and muscles: Our bones and muscles help us to walk, run, play and do various activities.

Posture: posture is the position in which we keep our body when we sit, stand or walk.

Correct sitting posture:

1. We should keep our feet flat on the floor.
2. We should not stoop too much in front.
3. Should keep our back straight.
4. Should sit upright.

Correct standing posture:

1. We should stand erect with our back straight.
2. We should keep our chin in.
3. We should keep our chest out.
4. Should keep our feet little apart.

Correct walking posture:

1. While walking we should keep our chest out.
2. Should hold our head high.
3. We should wear proper shoes while walking.

Other parts and their works in our body:

Organs: Other parts of the body that are protected by bones and muscles are called organs.

Some organs and their works are given below-

1. **Brain:** We use it for thinking.
2. **Heart:** It pumps blood to all parts of our body.
3. **Lungs:** We use them for breathing.
4. **Stomach:** It digests our food.

Class 2

Rocks and minerals

Rocks – The hard and solid part of the earth surface.

Rocks are found from:

- Mountains
- Hills
- Rivers
- Seas

[Students will make list]

Stone – Small Rock

Pebbles – Round stones

Types of Rocks	
<u>Hard Rocks</u>	<u>Soft Rocks</u>
Examples: Marble, Granite, Sandstone	Examples: Slate, Shale, Chalk, Rock salt
Uses: Marble – Floor, statue Sandstone – Pavement	Uses: Slate – Roofs, Tiles, Writing Shale – Bricks, Paints, Plastic Chalk – Writing

Minerals – A substance obtained by mining found inside the earth

Examples: Gold, Silver, Diamond, Graphite, Coal.

Uses:

Gold – Jewelry

Silver – Jewelry

Diamond – Jewelry

Graphite – Lead in pencil

Coal – produce electricity, burn fire.

Rocks: Any hard or solid natural material that have a distinctive mineral composition is called rock.

Stone: A small size rock is called stone.




Pebbles: Small, smooth and round stones are called pebbles.

Minerals: Mineral is a useful substance found inside the earth.

Types of rock:

Hard rock: Marble, granite and sandstone etc.

Use: For making floorings, statues and buildings.

		
Raw marble	Raw marble	Raw granite

Soft Rocks: slate, shale, chalk and rock salt are some soft rocks

Slate:

Use: for making roof, tiles and writing slate

			
Raw slate	Roof	Tiles	Writing

Shale

Use: for making bricks, paints and plastics

			
Raw	Brick	Plastics	Paints


Chalk or limestone

Use: for writing






Chalk

Rock salt:

Use: for flavoring food


Rock salt

Minerals:

Gold	Used in making ornaments.	
Silver	Used in making ornaments.	
Diamond	Used in ornaments and also to cut glass.	
Graphite	Used for making lead in pencils.	
Coal	Used to burn fires and produce electricity.	