

Welland Gouldsmith School Patuli

General science worksheet

Class II

Chapter 13

The Human Body

A human body is simply amazing it is made up of 206 bones on more than 600 muscles which are covered with skin. We can move run and play because the bones and muscles work together . We can feel your heartbeat on the left side of our chest. We must exercise and involve ourselves in some outdoor activities to keep ourselves healthy and strong. The position in which we hold a body when we stand sit or move about is called the posture. We must always make sure that our posture is correct.

Complete the following exercises in the exercise book

- I. Name them
 1. The place where 2 bones meet
 2. Number of bones in the human body
 3. Number of muscles in the human body
 4. Foods that give energy to work and play
 5. Foods that build up muscles and bones and also enables the body to grow
- II. Complete the following lines on Correct posture
 - A. sitting posture
 1. Keep your back.....
 2. Keep your chest.....
 3. Do not bend.....
 - B. Standing posture
 1. Keep your back.....
 2. Keep your chest.....
 - C. Walking posture
 1. Walk with your.....
 2. keep your head
 3. swing your.....
 4. Walk with your.....
- III. Pg 84 Exercise A (answer the following)
Numbers 1,2 and 3.