

Exercises

A. Tick (✓) the correct option :

1. The brain helps us to think.
 - a. breathe
 - b. digest
 - c. think (✓)
 - d. none of these
2. The food gets into the stomach
 - a. brain
 - b. stomach (✓)
 - c. lungs
 - d. kidneys
3. Heart is not a sense organ.
 - a. nose
 - b. eye
 - c. tongue
 - d. heart (✓)
4. Kidney throws waste out of our body.
 - a. legs
 - b. kidney (✓)
 - c. heart
 - d. brain
5. Bones and Muscles give shape to our body.
 - a. bones and Muscles (✓)
 - b. lungs
 - c. kidneys
 - d. hands

C. Short Answer Questions:

1. What are sense organs? Name the five sense organs.

Ans. Body parts that help us to feel the world around us are called sense organs.

Eyes, nose, ears, tongue and skin are sense organs.

2. How is brain useful to us?

Ans. Brain helps us to think and feel. It controls the movements of the body.

3. What is the function of Stomach?

Ans. It stores the food and helps in digestion.

4. How do kidneys keep our body clean?

Ans. The kidney filters our blood and throws the waste out.

5. How can you stay fit and healthy?

Ans. We can stay fit and healthy by taking care of our body.

D. Fill in the blanks:

1. Brain is found inside the head
2. The Bones and muscles give shape to our body.
3. The tongue helps us to taste.

4. The lungs supply oxygen to the body.
5. The heart pumps blood to the whole body.

E. State True or False:

- | | |
|--|---------|
| 1. Our body is made up of Sense organs. | [False] |
| 2. The chest tells other parts of the body what to do. | [False] |
| 3. Exercise helps us to stay fit. | [True] |
| 4. We have five Sense organs. | [True] |
| 5. Lungs help us to breathe. | [True] |

F. Match the columns:

Column A

1. Nose
2. Eyes
3. Lungs
4. Brain
5. Hand
6. Stomach
7. Bones

Column B

- smell
- see
- breathe
- think
- write
- digests food
- gives shape to body

YouTube link: https://youtu.be/lVmK-s_n7Jc

