
Exercises

A. Tick (✓) the correct options:

1. All the bones in our body make _____ system.

Ans. a. Skeletal ✓

2. The _____ system break down food into simpler form.

Ans. c. Digestive ✓

3. _____ is protected inside the bony skull.

Ans. b. Brain ✓

4. There are _____ bones in an adult body.

Ans. b. 206 ✓

5. _____ is the smallest unit of our body.

Ans. a. Cell ✓

B. Short Answer Type Questions:

1. What are tissues?

Ans. Tissues are groups of cells that have similar function.

2. What happens to the undigested food in the body?

Ans. The undigested food is passed out of the body by excretion.

3. How does the air we breathe in get filtered before reaching the lungs?

Ans. The air we breathe in get filtered by the small hair in the nose before reaching the lungs.

4. What are nerves?

Ans. Nerves are fibres that sends impulses through the body.

5. What do our facial muscles help us to do?

Ans. Our facial muscles help us to smile, frown or talk.

C. Long Answer Type Questions:

1. What is the process of respiration?

Ans. In the process of respiration, we inhale oxygen through the nose which enters our lungs through windpipe.

2. How does digestive system work?

Ans. The digestive system breaks down food into simple form, which is used by the cells of the body to give us energy.

3. Why is blood essential for our body?

Ans. Blood is very important because it carries oxygen and helps to release carbon out of the body.

4. Why is brain called the control centre of the body?

Ans. Brain is called the control centre of the body because it controls all our activities like seeing, hearing, feeling, touching, walking, learning etc.

5. Explain the function of excretory system.

Ans. The function of excretory system is to remove waste from the body.

D. Fill in the blanks:

1. The brain is the control centre of the body.
2. Heart pumps blood to all parts of the body.
3. There are eight main organ systems in the body.
4. Skin removes waste in the form of sweat.
5. Blood vessels carry blood to each part of the body.

E. State True or False:

- | | |
|---|-------|
| 1. Digestive system helps to throw waste out of the body. | False |
| 2. Brain has messengers called nerves. | True |
| 3. We breathe out carbon dioxide. | True |
| 4. Reproductive system helps to produce babies. | True |
| 5. Many tissues of the same type from cell. | False |

F. Match the columns:

Column A	Column B
1. Sense organs	5
2. Bones	206
3. Lungs	2
4. Muscles	more than 600
5. Heart	1

G. Give two main organs each of the following systems:

- | | | |
|----------------|------------------|----------------------|
| 1. Digestive | <u>Food Pipe</u> | <u>Stomach</u> |
| 2. Respiratory | <u>Nose</u> | <u>Lungs</u> |
| 3. Circulatory | <u>Heart</u> | <u>Blood Vessels</u> |
| 4. Nervous | <u>Brain</u> | <u>Spinal cord</u> |
| 5. Excretory | <u>Kidney</u> | <u>Skin</u> |

H. Puzzles and Quiz:

1. Name the following organs

- | | |
|---|------------------------|
| a. It pumps blood to all parts of the body | <u>Heart</u> |
| b. It gives shape to our body | <u>Skeletal System</u> |
| c. It controls all our body functions | <u>Brain</u> |
| d. It flows in fine tubes in the body | <u>Blood</u> |
| e. Air enters our body through it | <u>Nose</u> |
| f. They are bean shaped organs | <u>Kidney</u> |
| g. It is formed when similar types of cells come together | <u>Tissue</u> |

2. Find out twelve terms related to the body in the given maze.

Answers

1. Blood
2. Intestine
3. Organ
4. Cell
5. Heart
6. Tissue
7. Stomach
8. Nerve
9. Muscle
10. Bone
11. Brain
12. Lungs

YouTube link

<https://youtu.be/HFeRbHfKxAY>