



according to body requirement.

EXERCISE No 1

1.1 Fill in the blanks.

- (i) We see with our eyes.
- (ii) Food is chewed by teeth.
- (iii) Two bones meet at a joint.
- (iv) Heart pumps blood to every part of the body.
- (v) Dengue fever is caused by a virus.
- (vi) Dengue fever is spread by Aedes mosquito.

1.2 Encircle the correct option.

- (i) The organ which is involved in body movements is:
 - a. bones
 - b. muscles
 - c. joints
 - d. all of these
- (ii) In their whole life, humans have sets of teeth:
 - a. 2
 - b. 3
 - c. 4
 - d. 5





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(iii) The control centre of our body is:

- a. heart
 b. brain
 c. stomach
 d. skin

(iv) Which of the following organ pumps the blood in the body?

- a. heart
 b. stomach
 c. brain
 d. skin


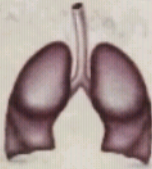

(v) Unhealthy food is:

- a. vegetables
 b. fruits
 c. milk
 d. chocolates

(vi) The dengue virus is spread by:

- a. air
 b. flies
 c. Aedes mosquito
 d. shaking hands

1.3 Column A shows the organs of the body. Write their functions in column B

Column A (Organ)	Column B (Function)
	Brain is the control center of our body.
	Lungs help us in breathing.
	Heart pumps the blood so that it circulates through out our body.





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Seedling:

ones.
A small plant with a few leaves.**EXERCISE No 2****2.1 Fill in the blanks.**

- (i) Plants and animals need food, water and air to survive.
- (ii) Animals move from place to place to get food and water.
- (iii) Roots of plants grow downward.
- (iv) Young ones have characteristics similar to their parents.
- (v) A seedling is a small plant with a few leaves.

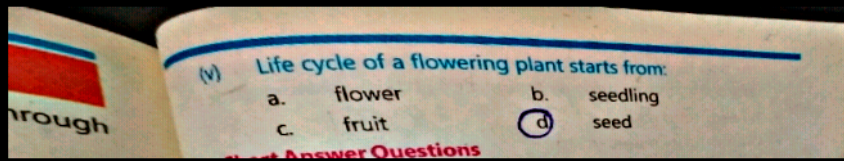
2.2 Encircle the correct option.

- (i) Which one of the following is nonliving?
- a. animals b. plants
c. bacteria **d. car**
- (ii) Which one of the following does not run on its feet?
- a. frog **b. fish**
c. humans d. kangaroos
- (iii) The characteristic which is observed in living things is:
- a. movement b. growth
c. reproduction **d. all of these**
- (iv) The ability to produce young ones is called:
- a. respiration b. excretion
c. reproduction d. circulation





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**EXERCISE No 3****1 Complete the following sentences with suitable words.**

- (i) Food gives us energy for various activities.
- (ii) There are six food groups.
- (iii) Carbohydrates are the body's main source of energy.
- (iv) Proteins help us to repair our body.
- (v) Vitamins do not provide energy to the body but are necessary for body functions.
- (vi) Fats protect our skin from temperature changes.
- (vii) Fats that come from animal source are called saturated fats.
- (viii) Vitamins are substances present in small amounts in food.
- (ix) Food Pyramid is a chart that helps us in choosing daily food.





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**3.2 Encircle the correct option.**

- (i) Which mineral helps in building of bones and teeth?
a. iron b. zinc **c. calcium** d. sodium
- (ii) What carries nutrients to all parts of the body and regulates the body temperature?
a. carbohydrates b. fats
c. water d. proteins
- (iii) The foods rich in carbohydrates are:
a. potato, wheat, sugarcane b. meat, fish, pulses
c. butter, ghee, oil d. spinach, ginger, tomato
- (iv) The diet which contains right amount of nutrients is:
a. unbalanced diet b. unhealthy diet
c. delicious diet **d. balanced diet**
- (v) The nutrients that are needed in small amount by our body:
a. vitamins and minerals b. carbohydrates and fats
c. fats and proteins d. carbohydrates and minerals
- (vi) They help our body to grow:
a. vitamins **b. proteins**
c. minerals d. carbohydrates
- (vii) Which of the following is body building food?
a. spinach **b. meat** c. mango d. tomato
- (viii) Which of the following food items if eaten more can make us sick?
a. milk **b. burger and cold drinks**
c. fruits d. vegetables
- (ix) Iron is a :
a. vitamin **b. mineral** c. fat d. energy food
- (x) Which vitamin is important for strong bones?
a. vitamin A b. vitamin C
c. vitamin D d. vitamin E





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3.4 Match the food nutrients in column A with their functions in column B:

A (Nutrients)	B (Functions)
Proteins	give us energy for daily activity.
Carbohydrates	protect our major organs.
Vitamins	are the building material for body parts.
Water	needed for strong bones and teeth.
Fats	help our body to stay healthy.
Minerals	helps to take nutrients to all parts of the body.

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