Contents

1. Cell: The Fundamental Unit of Life 1–30

- Living organisms are made up of cells
- Discovery of the cell
- Cell theory
- Microscope – instrument for viewing cells
- Cells
- Basic structure of a cell
- Cell organelles

2. The Tissues 31–66

- Differences between plant and animal tissues
- Plant tissues
- Animal tissues

3. The Flower 67–76

- Structure of a bisexual flower
- Complete and incomplete flowers
- Essential and non-essential whorls of a flower
- Placentation
- Inflorescence

4. Pollination and Fertilisation 77–90

- Pollination
- Types of pollination
- Agencies of cross-pollination
- Fertilisation

5. Seed – Structure and Germination 91–108

- Structure of a seed
- Types of seeds
- Functions of cotyledons
- Seed germination
- Conditions for seed germination
- Types of germination

6. Respiration in Plants 109–122

- Aerobic respiration
- Anaerobic respiration
- Significance of respiration
- Process of respiration
- Gaseous exchange in plants

7. Diversity in Living Organisms 123–162

- What is the basis of Classification?
- Importance of Classification
- Five Kingdom Classification

8. Economic Importance of Bacteria and Fungi 163–174

- Bacteria
- Useful role of bacteria
- Harmful role of bacteria
- Fungi
- Useful role of fungi
- Harmful role of fungi

9. Nutrition 175–190

- Types of nutrition
- Components of food
- Balanced diet
- Malnutrition
- Deficiency diseases

10. Digestive System 191–204

- Digestive organs
- Different types of teeth
- Structure of a tooth
- Absorption of food
- Assimilation of food

11. Skeleton – Movement and Locomotion 205–218

- Functions of the skeleton
- Types of joints
- Disorders of joints
- A simple study of the work of muscles

12. Structure and Functions of Skin 219–230

- Functions of the integument or skin
- Structure of the skin
- Derivatives of the skin
- Vasodilation and vasoconstriction in temperature regulation

13. Respiratory System 231–242

- Respiration
- Respiration in humans
- Mechanism of breathing
- Control of breathing rate
- Gas exchange in lungs
- Transport of gases
- Respiratory volumes
- Effect of altitude on breathing

14. Health and Hygiene 243–268

- Significance of health
- Value and benefits of good health
- Disease
- Vectors (disease carriers)
- Diseases caused by bacteria
- Disease caused by viruses
- Diseases caused by protozoans
- Diseases caused by helminths

15. Aids to Health 269–280

- Entry of microbes in our body
- Antibodies
- The immune system
- Vaccination
- Serum
- Antitoxins
- Antibiotics
- Health aids
- Health organisations
- Role of red cross
- World Health Organization (WHO)

16. Waste Generation and Management 281–290

- Sources of waste
- Methods of safe disposal of waste
- Methods of garbage disposal
- Use of electrostatic precipitators and scrubbers
- Biodegradable wastes
- Non-biodegradable wastes
- Waste prevention and management