

# WORKSHEETS

## 1. The World of Animals

### A. Answer the following questions.

1. Name the five main habitats on earth.
2. Write a short note on polar region.
3. Discuss the following body coverings.  
(a) Feathers (b) Scales (c) Shell
4. What is breathing?
5. How does locomotion help animals?
6. Why do animals migrate? Give an example of migratory bird.

### B. Fill in the blanks.

1. A \_\_\_\_\_ is a vast region that is covered densely by trees.
2. The north pole is named as \_\_\_\_\_.
3. \_\_\_\_\_ is the largest habitat on the earth.
4. Scavengers maintain a balance in nature by preventing \_\_\_\_\_ of dead animals.
5. Insects exchange gases through small openings on their body surface known as \_\_\_\_\_.
6. The \_\_\_\_\_ of a fish helps them to change direction.

### C. State whether the following statements are True or False.

1. Animals like hare, rat and snake live inside burrows. \_\_\_\_\_
2. Freshwater is a vast and continuous body of saline water. \_\_\_\_\_
3. A turtle swims using the scales on its body. \_\_\_\_\_
4. Feathers keep birds warm and protect them from moisture. \_\_\_\_\_
5. The south pole is named as Arctic. \_\_\_\_\_

**D. Match the following.**

**Column A**

1. Forest
2. Desert
3. Polar region
4. Ocean
5. Freshwater

**Column B**

- (a) Whale
- (b) Elephant
- (c) Duck
- (d) Walrus
- (e) Bandicoot

**E. Tick the correct answer.**

1. The body of snail is covered with  
(a) fur.                      (b) scales.                      (c) shell.                      (d) none of these.
2. Vulture is a  
(a) carnivore.                      (b) scavenger.                      (c) omnivore.                      (d) herbivore.
3. Elk is a  
(a) flightless animal.                      (b) migratory animal.  
(c) aquatic animal.                      (d) none of these.
4. Reptiles breathe through their  
(a) lungs.                      (b) gills.                      (c) spiracles.                      (d) skin.
5. Seahorse lives in a/an  
(a) forest.                      (b) ocean.                      (c) freshwater.                      (d) none of these.

## ANSWERS

- A.**
1. The five main habitats on earth are forest, desert, polar region, ocean and freshwater.
  2. The regions near the north and south poles on the earth are called polar regions. The north pole is named Arctic and the south pole is called Antarctica. They are always covered with ice and snow. Similarly the high altitude mountains are also covered with snow all round the year. The animals found here have developed special features to cope with such cold weather. Their bodies are covered with fur. Most of the animals have a thick layer of fat beneath the fur which keeps them warm. Many animals live in groups to protect themselves from the cold. Penguin, polar bear, seal, snowy owl, walrus, arctic hare and arctic fox are some examples of animals found in polar regions.
  3. (a) The body of birds is primarily covered with feathers. Feathers keep them warm and protect them from moisture. Thus, they help in maintaining the body temperature. They also help birds in flying.  
(b) Animals like snakes, lizards and some fish have a layer of dry and overlapping scales. These scales protect the underneath skin and also prevent loss of water in some animals.  
(c) Shells are very hard and strong. They can be seen in land and ocean animals like turtle, tortoise and snail. These animals draw their head and feet into the shell and hide to protect themselves from their enemies.
  4. Breathing is the process in which exchange of gases takes place in living beings.
  5. Locomotion helps animals to obtain food and shelter. It also helps to protect them from danger of predators or natural calamities.
  6. Animals migrate because the conditions in their habitat become adverse to support life. Arctic tern is an example of migratory bird.
- B.** 1. forest    2. Arctic    3. Ocean    4. accumulation    5. spiracles    6. tail fin
- C.** 1. True    2. False    3. False    4. True    5. False
- D.** 1. (b)    2. (e)    3. (d)    4. (a)    5. (c)
- E.** 1. (c)    2. (b)    3. (b)    4. (a)    5. (b)

## 2. Reproduction in Plants

### A. Answer the following questions.

1. Why is reproduction an important process?
2. What is the function of cotyledons in a seed?
3. Explain the various stages of germination.
4. Define dispersal. Name the various agents of seed dispersal.
5. Define agriculture.
6. What are rabi and kharif crops? Give examples.

### B. Fill in the blanks.

1. Reproduction is an important process for the \_\_\_\_\_ of life on the earth.
2. The function of \_\_\_\_\_ is to protect the seed.
3. The seeds of a cotton plant are very \_\_\_\_\_ and have either \_\_\_\_\_ or \_\_\_\_\_ on them.
4. Plants of one kind grown in a particular area at a particular time are called \_\_\_\_\_.
5. Seeds should be sown in the right type of \_\_\_\_\_ to ensure maximum production of \_\_\_\_\_.

### C. State whether the following statements are True or False.

1. Seed leaves are also known as seed coat. \_\_\_\_\_
2. The seedling breaks the seed coat and comes out of the seed. \_\_\_\_\_
3. The seeds or fruits of plants growing near or in water have wings or hair on them. \_\_\_\_\_
4. Potato plant grows from the leaves. \_\_\_\_\_
5. The crops can be protected by storing them properly in sealed containers. \_\_\_\_\_

**D. Match the following.**

**Column A**

1. Outer seed cover
2. Seed leaves
3. Seed with wings
4. Spongy or fibrous seeds
5. Seeds with sticky hair or hooks

**Column B**

- (a) Dispersal by water
- (b) Seed coat
- (c) Dispersal by animals
- (d) Dispersal by wind
- (e) Cotyledons

**E. Tick the correct answer.**

1. Seeds of a sycamore are dispersed by  
(a) wind.                      (b) water.                      (c) explosion.                      (d) animals.
2. Bryophyllum plant grows from  
(a) roots.                      (b) stem.                      (c) leaves.                      (d) none of these.
3. An example of rabi crop is  
(a) rice.                      (b) maize.                      (c) wheat.                      (d) both (b) and (c).
4. Seeds of a coconut plant are dispersed by  
(a) wind.                      (b) water.                      (c) animals.                      (d) explosion.
5. Sweet potato grows from  
(a) roots.                      (b) stem.                      (c) leaves.                      (d) none of these.

## ANSWERS

- A.**
1. For life to go on earth, living things must produce more of their kind. Hence, reproduction becomes an important process for the continuity of life on earth.
  2. The main function of cotyledons is to provide food to the growing plant.
  3. Following are the stages of germination:
    - A seed is sown in the soil. It is watered daily so that it remains moist and the seed coat can be broken easily. It gets air from the atmosphere and warmth from the sun.
    - The seedling breaks the seed coat and comes out of the seed. It obtains its food firstly from the cotyledons and then from the soil.
    - The seedling develops roots and shoot.
    - The seedling now develops leaves and branches and finally grows into a plant.
  4. The process by which seeds are scattered away from the parent plants is called dispersal. The various agents of dispersal are wind, water and animals.
  5. The practice of growing plants on a large-scale for food or other products is called agriculture.
  6. Crops that are grown in summer from June to October are called kharif crops, for example, rice and maize. Crops that are grown in winter from November to April are called rabi crops, for example, wheat and gram.
- B.** 1. continuity    2. seed coat    3. light, wings, hair    4. crops    5. soil, crops
- C.** 1. False    2. True    3. False    4. False    5. True
- D.** 1. (b)    2. (e)    3. (d)    4. (a)    5. (c)
- E.** 1. (a)    2. (c)    3. (c)    4. (b)    5. (a)

### 3. Food, Health and Hygiene

**A. Answer the following questions.**

1. What do you mean by health?
2. What is a balanced diet?
3. Why are proteins called the bodybuilding food?
4. Why are vitamins and minerals important for our body?
5. What is hygiene? List some ways to maintain hygiene.
6. What are deficiency diseases?

**B. Fill in the blanks.**

1. Nutrients are the \_\_\_\_\_ materials of our body and provides us \_\_\_\_\_ for growth.
2. Carbohydrates give \_\_\_\_\_ to the body.
3. \_\_\_\_\_ help our body to fight diseases.
4. \_\_\_\_\_ improves the blood circulation of the body.
5. Plague is a \_\_\_\_\_ disease.
6. Anaemia is caused due to the deficiency of \_\_\_\_\_.

**C. State whether the following statements are True or False.**

1. Minerals help in the formation of teeth, bones and blood. \_\_\_\_\_
2. Exercise helps to restore our vigour and energy. \_\_\_\_\_
3. Carbohydrates give more energy than fats. \_\_\_\_\_
4. Exercise helps in developing stronger muscles and bones. \_\_\_\_\_
5. Cancer is a non-communicable disease. \_\_\_\_\_

**D. Match the following.**

**Column A**

1. Carbohydrates and fats
2. Proteins
3. Rest
4. Vitamins
5. Minerals
6. Exercise

**Column B**

- (a) Essential for growth
- (b) Formation of bones
- (c) Provide energy
- (d) Improves blood circulation
- (e) Fight diseases
- (f) Restores vigour

**E. Give one word/a few words answer for the following.**

1. The science of cleanliness whose aim is to preserve health and prevent the spread of diseases
2. The condition of abnormal functioning of a part of the body or the whole body
3. Building materials of our body
4. Food that contains all the nutrients in the right amount
5. Diseases that occur due to deficiency of nutrients in one's diet
6. Diseases that transmit from one person to another



## ANSWERS

- A.**
1. Health refers to the state of complete physical and mental well-being.
  2. Diet that contains all the nutrients in the right amount is called balanced diet.
  3. Proteins are called the bodybuilding food because they are essential for the growth of our body.
  4. Vitamins help our body to fight diseases and thus keep it fit. Minerals on the other hand, help in the formation of teeth, bones and blood.
  5. Hygiene is the science of cleanliness whose aim is to preserve health and prevent the spread of diseases. Some of the ways to maintain hygiene are:

Some of the ways to maintain hygiene are:

- Wash your hands with soap and water before eating food or touching any food item. Similarly, wash your hands properly after going to the toilet and playing with your pet. Washing hands with soap and water removes dirt and germs present on your hand.
- Take a bath daily. This removes the dust and sweat present on your body. Moreover, it makes you feel fresh. Dry your towel in the sun after bathing and get it washed twice a week.
- Brush your teeth at least twice a day. Brushing your teeth removes the food particles that are stuck in between the teeth, thus preventing the growth of germs. Also clean your tongue with a tongue cleaner daily.
- Trim your nails regularly.
- The exposed parts of the body come in contact with dust and germs throughout the day which get collected on them. So, you must wash your face, hands and feet with soap and water before going to the bed and moisturize them with cream or lotion to keep them soft.
- Keep your room, home, school and other surroundings clean. Always throw garbage in a closed dustbin, keep used up utensils in the kitchen sink only and put your dirty clothes in the washing tub or machine.

6. Diseases that occur due to deficiency of nutrients in one's diet are called deficiency diseases.

- B.**
1. building, energy
  2. energy
  3. Vitamins
  4. Exercise
  5. communicable
  6. iron

- C.**
1. True
  2. False
  3. False
  4. True
  5. True

- D.**
1. (c)
  2. (a)
  3. (f)
  4. (e)
  5. (b)
  6. (d)

- E.**
1. Hygiene
  2. Disease
  3. Nutrients
  4. Balanced diet
  5. Deficiency diseases
  6. Communicable diseases

## 4. Our Body

### A. Answer the following questions.

1. What is an organ system?
2. What is vertebrae? What is its function?
3. Why is ribcage an important part of the body?
4. Write a short note on blood.
5. What are capillaries?
6. Explain the process of blood circulation.

### B. Fill in the blanks.

1. The skeletal system comprises of the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and limbs.
2. The \_\_\_\_\_ bones make up a protective frame around the brain.
3. The ribcage consists of \_\_\_\_\_ bones.
4. The \_\_\_\_\_ bone is the longest bone in the body.
5. The \_\_\_\_\_ system is responsible for transportation of substances between various parts of the body.

### C. Match the following.

#### Column A

1. Hinge joint
2. Ball and socket joint
3. Pivot joint
4. Gliding joint

#### Column B

- (a) Shoulder joint
- (b) Bones of wrist
- (c) Knee bones
- (d) Joint between head and neck

### D. State whether the following statements are True or False.

1. There are 216 bones in an adult human body. \_\_\_\_\_
2. The skull consists of 8 cranial and 14 facial bones. \_\_\_\_\_

3. Pivot joint allows movement in one direction only. \_\_\_\_\_
4. The upper two chambers of the heart are called ventricles. \_\_\_\_\_
5. The left side of the heart pumps out oxygen-rich blood throughout the body via arteries. \_\_\_\_\_

**E. Give one word/a few words answer for the following.**

1. A group of cells that perform a common function
2. Strong tissues that hold bones together
3. The network of fine tubes through which blood flows throughout the body
4. The instrument used to listen to the heartbeat
5. The blood cells that help in clotting of blood
6. The longest bone in the body

## 4. Our Body

- A.**
1. A group of organs that work together and carry out a function is called an organ system.
  2. The irregularly shaped bones which form the vertebral column or the spine are called vertebrae. These bones make a strong framework which protects the spinal cord.
  3. The ribcage is an important part of the body because it forms a protective cage around the heart and lungs.
  4.
    - Blood is a red-coloured fluid which flows inside the blood vessels. It consists of a liquid part and a number of cells of different kinds which are present in the liquid.
    - The red blood cells or the red blood corpuscles (RBCs) carry oxygen from the lungs to different parts of the body. They also help to remove carbon dioxide from the body.
    - The white blood cells or the white blood corpuscles (WBCs) help to fight infection.
    - There are another type of blood cells that help in clotting of blood. These cells are called platelets.
    - The liquid portion of the blood dissolves nutrients and other substances that are required by the other parts of the body and transports them to those parts. Similarly, it carries away the waste material from different parts of the body.
  5. When arteries reach an organ, they branch into very fine tubes called capillaries.
  6. The circulation of blood in the body takes place in the following manner.
    - The left side of the heart pumps out oxygen-rich blood throughout the body via the arteries. The body takes oxygen from the blood and uses it. In turn, it releases carbon dioxide into the blood.
    - The returning blood enters the right auricle which pours it into the right ventricle. Blood is pumped to the lungs by the right ventricle for removal of carbon dioxide and enrichment with oxygen.
    - The oxygen-rich blood now enters the heart again through the left auricle and the process continues.
- B.**
1. skull, backbone, ribcage
  2. cranial
  3. 24
  4. thigh
  5. circulatory
- C.**
1. (c)
  2. (a)
  3. (d)
  4. (b)
- D.**
1. False
  2. True
  3. False
  4. False
  5. True
- E.**
1. tissue
  2. ligaments
  3. blood vessels
  4. stethoscope
  5. platelets
  6. femur/thigh bone