

6. Femur, thigh bone is the _____ in our body.
- a. Longest
 - b. Shortest
 - c. Normal
 - d. None of the above
7. The skull, ribs, backbone and the limbs form the: -
- a. Skeletal System
 - b. Circulatory System
 - c. Respiratory System
 - d. Nervous System
8. Scurvy is caused due to deficiency of: -
- a. Vitamin A
 - b. Vitamin B
 - c. Vitamin C
 - d. Vitamin D
9. Skin infection is caused by _____.
- a. Protozoa
 - b. Virus
 - c. Bacteria
 - d. Fungi
10. _____ are body building nutrients and they help us to grow.
- a. Carbohydrates
 - b. Proteins
 - c. Fats
 - d. Vitamins
11. We should avoid junk food as it will lead to _____.
- a. Obesity
 - b. Communicable disease
 - c. Loss of Vitamins
 - d. Allergic disease.
12. Which is a water borne disease: -
- a. Goitre
 - b. Allergy
 - c. Cholera
 - d. Night blindness

Q.2. Fill in the blanks: -

1. _____ are energy giving nutrients.
2. The nutrient which helps in removal of undigested food from our body is _____.
3. Regular _____ tones up our muscles and improves the blood circulation in our body.
4. _____ diseases can spread through direct contact water, food, air, animals and insects.
5. The _____ is the outmost covering of our body.
6. There are _____ bones in an adult human body.
7. _____ is the largest part of the brain.
8. _____ helps duck to move in water.
9. Fish breathe through _____
10. Land animals move with the help of their _____.

Q.3. True/False: -

1. Padded toes help a rabbit to run.
2. The network of air tubes that insects have all over the body is called spiracles.
3. The aquatic animals take in oxygen from air.
4. There are only two types of muscles – Voluntary and Involuntary.
5. The images of objects are formed on the retina of our eyes.
6. Vitamins and minerals are energy giving food.
7. Rice is not a source of Fats.

Subjective Revision Worksheet

Q.4. Define the following: -

1. Balanced diet
2. Rib Cage
3. Tendons
4. Trachea

Q.5. Answer the following questions: -

1. How is the breathing of a tadpole different from the breathing of a frog?
2. Describe the limbs of land animals.
3. Differentiate between sensory nerve and motor nerve.
4. What are different kinds of muscles and what are their functions?
5. Differentiate between communicable and non-communicable diseases.
6. Name two important components needed by the body apart from nutrients. Why is it important to drink water?