

Question Bank

Chapter 1-5

45 Minutes

101 Marks

Q -1: - Fill up the blanks. (1 x 4 = 4)

- a) The place where an animal grows or is found naturally is called its
- b) are the tiny holes present on the body of insects for the exchange of gases.
- c) In an habitat, organisms live in deep, salty water.
- d) Animals like yak, bear and sheep have on their bodies.

Q -2: - Fill up the blanks. (1 x 5 = 5)

- a) The term refers to the state of complete physical and mental well-being.
- b) Food contains which are the building materials of our body.
- c) Vitamins and are protective components.

- d) Exercises make our muscles and bones
- e) Washing hands with soap and water removes dirt and present on your hands.

Q -3: - Fill up the blanks. (1 x 8 = 8)

- a) There are bones in each hand and bones in each foot.
- b) is the only movable bone of the skull.
- c) There are more than muscles in our body.
- d) The heart is made of muscles.
- e) The muscles that we can move easily are known as muscles.
- f) Arms are joined to the spine with the help of and
- g) The spine is also known as
- h) Muscles are attached to bones by tissues called

Q -4: - State whether the following statements are true or false. (1 x 4 = 4)

- a) Seeds are dispersed far away from the parent plant to ensure the survival of new plants.
- b) The seed coat does not protect the seed and its internal parts.

- c) A new potato plant can be grown from a potato with an eye.
- d) Seeds need only air, water and warmth for germination.

Q -5: - State whether the following statements are true or false. (1 x 5 = 5)

- a) Plague is a non-communicable disease.
- b) Exercise is important for staying healthy.
- c) Fish and eggs are rich in carbohydrates.
- d) Vitamins help in formation of teeth and bones.
- e) To remain healthy, we must eat a healthy diet.

Q -6: - Write 'T' for a true statement and 'F' for a false one. (1 x 8 = 8)

- a) The spinal cord connects the brain with the rest of the body.
- b) The brain is made up of fat and water.
- c) The vertebral column protects the spinal cord.
- d) Cerebellum controls our sense organs.
- e) Mixed nerves carry messages in both ways.

- f) Reflex action is under the control of the brain.
- g) Taste buds help us to speak.
- h) The cornea acts as a screen on which the picture of what we see is formed.

Q -7: - Write short answers. (1 x 3 = 3)

- a) Why can't all seeds grow into plants ?
- b) Name the parts of a plant other than seed which help in reproduction.
- c) Define agriculture and crop.

Q -8: - Define the following terms. (1 x 3 = 3)

- a) Germination
- b) Rabi season

- c) Kharif season

Q -9: - Write short answers. (1 x 3 = 3)

- a) Why do animals need to move ?

- b) Why do animals need to take in oxygen ?

- c) Why do some animals migrate ?

Q -10: - Give one-word answer for each of the following. (1 x 5 = 5)

- a) Disease caused by the deficiency of iron.

- b) Disease caused by the deficiency of vitamin C.

- c) Disease caused by the deficiency of calcium and phosphorus.

d) Disease caused by the deficiency of iodine.

e) Disease caused by the deficiency of vitamin D.

Q -11: - Write short answers. (1 x 3 = 3)

a) Why are carbohydrates called energy-giving components of food ?

b) Why is water essential for our body ?

c) What are the various components of a balanced diet ?

Q -12: - Write short answers. (1 x 3 = 3)

a) What is a joint ?

b) What is bone marrow ?

- c) What are tendons ?

Q -13: - Write short answers. (1 x 3 = 3)

- a) Name all the five sense organs.

- b) What are the three main parts of the nervous system ?

- c) How can we take care of our eyes ?

Q -14: - Answer the following questions : (1 x 4 = 4)

- a) Explain the structure of a seed with the help of a diagram.

- b) What is germination ? Explain germination of a seed with the help of a diagram.

- c) What is dispersal ? How are seeds dispersed by wind, animals and explosion ?

- d) List the points that should be kept in mind while growing a particular crop.

Q -15: - Answer the following questions : (1 x 4 = 4)

- a) What is the difference in the way a tadpole and a frog breathe ?

- b) How is the breathing process of an insect different from that of a fish ?
- c) What special features help water animals to move ?
- d) How do insects move ?

Q -16: - Answer the following questions : (1 x 3 = 3)

- a) What steps should be taken to prevent the occurrence of communicable diseases ?
- b) Healthy diet protects us from many diseases. Comment on this statement.
- c) What are the various ways in which communicable diseases spread ?

Q -17: - Answer the following questions : (1 x 4 = 4)

- a) How is our skeleton useful to us ?
- b) Distinguish between voluntary and involuntary muscles.
- c) How do muscles work ?
- d) How can we keep our muscles in good shape ?

Q -18: - Answer the following questions : (1 x 6 = 6)

- a) What does the nervous system do ?
- b) Write about the structure of an eye with the help of a diagram.

- c) Name the three kinds of nerves. Explain each in a single sentence.
- d) What do you know about the spinal cord ?
- e) What are reflex actions ? Give any two example.
- f) Name the three main parts of the brain. Give their functions.

Q -19: - Match the following.

Column A

1. Insects
2. Aquatic animals
3. Amphibians
4. Mammals
5. Parrot
6. Fish
7. Ant
8. Snake

Column B

- (a) Lungs, gills and moist skin
- (b) Fins
- (c) Spiracles
- (d) Wings
- (e) Legs
- (f) Scales
- (g) Lungs
- (h) Gills

(1 x 1 = 1)

Q -20: - Match the following.

1. Cerebrum
2. Spinal cord
3. Medulla
4. Cerebellum

heart beat
thought
balance and movement
reflex action

(1 x 1 = 1)

Q -21: - Tick the correct option. (1 x 3 = 3)

a) Which of these provide(s) food to the baby plant present inside the seed ?

- a) Cotyledon b) Seed coat c) Roots

b) Which of these plants has leaves that give rise to new plants ?

- a) Dandelion b) Rose c) Begonia

c) Which of these crops is grown from November to April ?

- a) Jowar b) Wheat c) Rice

Q -22: - Tick the correct option. (1 x 5 = 5)

a) A frog is an amphibian because it can live -

- a) only on land b) only in water c) on land and in water d) none of these

b) Whales and dolphins are classified as -

- a) fish b) reptiles c) mammals d) amphibians

c) This animal has scales on its body.

- a) fish b) deer c) zebra d) ostrich

d) This bird cannot fly.

- a) owl b) duck c) Arctic tern d) ostrich

e) Locusts are harmful migratory -

- a) birds b) rodents c) fish d) insects

Q -23: - Tick the correct option. (1 x 6 = 6)

a) The condition of abnormal function of a part of the body or the whole body is known as -

- a) hygiene b) health c) disease

b) Which of these is a source of fats ?

- a) carrots b) apple c) ghee

c) Which of these nutrients help our body to fight diseases ?

- a) Fats b) Proteins c) Vitamins

d) Which of these is a communicable disease ?

- a) Cancer b) Cholera c) Scurvy

e) Which of these is caused due to deficiency of iodine in the food ?

- a) Goitre b) Anaemia c) Rickets

f) Which of these helps improve the blood circulation of the body ?

- a) Exercise b) Rest c) Hygiene

Q -24: - Tick the correct option. (1 x 5 = 5)

a) Muscles are attached to the bones with fibres called -

- a) ligaments b) tendons c) bone narrows d) ribs

b) This joint allows the maximum movement -

- a) ball and socket joint b) pivot joint c) hinge joint d) gliding joint

c) Which of the following parts of the body is formed of cartilage only ?

- a) Ribcage b) Ligaments c) Skull d) Nose tip

d) Which of the following types of joints allows the bones to glide over each other ?

a) Pivot joint

b) Ball-and-socket joint

c) Gliding joint

d) Hinge joint

e) Which of the following types of joints is found in fingers ?

a) Pivot joint

b) Ball-and-socket joint

c) Gliding joint

d) Hinge joint

Q -25: - Tick the correct option. (1 x 2 = 2)

a) Our nervous system consists of the brain, the spinal cord and the -

a) blood vessels

b) ligaments

c) nerves

d) lungs

b) When we happen to touch a hot object, the sensory nerve immediately passes a message to the -

a) hands

b) spinal cord

c) head

d) eyes

ANSWERS

Question 1 :- Fill up the blanks.

Answer :

a) habitat

b) Spiracles

c) oceanic

d) fur

Question 2 :- Fill up the blanks.

Answer :

- a) 'health'
- b) nutrients
- c) fruits and vegetables
- d) strong and flexible
- e) germs

Question 3 :- Fill up the blanks.

Answer :

- a) 27, 26
- b) Jaw Bone
- c) 640
- d) cardiac
- e) voluntary
- f) Shoulder Blades and Collar Bones.
- g) backbone
- h) Tendons

Question 4 : State if the following sentences are True or False

Answer :

- a) False
- b) False
- c) True
- d) False

Question 5 : State if the following sentences are True or False

Answer :

- a) False
- b) True
- c) False
- d) True
- e) True

Question 6 : State if the following sentences are True or False

Answer :

- a) True
- b) True
- c) True
- d) True

- e) True
- f) False
- g) False
- h) True

Question 7 :- Write short answers.

Answer :

- a) All seeds can't grow into plants because of the following reasons: Some seeds are eaten by birds, insects or mites. Some seeds get destroyed by strong winds or heavy rains. Some seeds do not get sufficient warmth, water and air which are important for their growth into new plants.
- b) Names of parts of plant other than seed helping in reproduction are: Leaves, Roots, Stems.
- c) The practice of growing plants on large scale for food or other purposes is called agriculture.

Question 8 :- Define the following terms.

Answer :

- a) It is a process in which embryo of seed breaks open seed coat and develops roots and shoots. Air, water and warmth are necessary for germination. When we soak chana seeds in water, the seeds swell and become a little softer. Seed Coat becomes soft and slides off easily. Roots develop from seed. Later, shoots develop. Root develops downward into soil and Shoot develops upward towards sunlight. Seedling grows further into a new plant.
- b) Crops are grown during November to April (winter). Crops do not depend on monsoon. Wheat, legumes, gram, beans are examples of Rabi crop.
- c) Crops are grown during June to October (Summer). Crops heavily depend on monsoon. Rice, Maize, Jowar, Bajra are examples of Kharif crop.

Question 9 :- Write short answers.

Answer :

- a) Animals need to move from one place to another in search of food and shelter.
- b) Animals need to take in oxygen to live and grow and work.
- c) Some animals migrate to escape harsh weather, to search for food and water and to reach their breeding grounds.

Question 10 :- Give one-word answer for each of the following.

Answer :

- a) Anaemia
- b) Scurvy
- c) Weak bones and Teeth
- d) Goitre
- e) Rickets

Question 11 :- Write short answers.

Answer :

- a) Food rich in carbohydrates give us energy. Therefore, carbohydrates are called energy-giving components of food.

- b) 70% of our body weight is water. Water is vital for our survival. Water is essential for our body for the following reasons: Water helps in digestion of food. Water acts as a medium for many processes that occur in body. Water helps in removal of wastes from body in the form of urine and sweat. Water maintains body temperature. Water helps to keep our body hydrated.
- c) Foods contain nutrients which are building materials of our body and provide us energy for growth and other activities. A balanced diet contains carbohydrates, fats, proteins, vitamins and minerals. We must eat a balanced diet that is rich in all these nutrients to live healthy.

Question 12 :- Write short answers.

Answer :

- a) Joint is a place where bones join each other.
- b) The long bones of our body are filled with soft, fatty materials which are called Bone Marrow. Red and white blood cells are produced by Bone Marrow present in our bones.
- c) Muscles that are attached to bones by tissues are called Tendons.

Question 13 :- Write short answers.

Answer :

- a) Five sense organs are: Eyes, Ears, Nose, Tongue, Skin.
- b) Three main parts of the nervous system are: Nerves, Spinal Cord, Brain.
- c) We can take care of our eyes as follows: Wash our eyes often with cold water. Sit straight while reading and hold book about 12 inches away from eyes. Study in a properly lit room. Never read in a moving vehicle. Use a clean towel and clean hands while touching eyes. Get eyes checked at least once in a year by an Eye-Specialist.

Question 14 :- Answer the following questions :

Answer :

- a) Structure of a seed is as follows: Seed Coat Cotyledons (Seed leaves) Baby plant (Show structure of a seed by diagram)
- b) Germination is a process in which embryo breaks open seed coat and develops roots and shoots. Air, water and warmth are necessary for germination. When we soak chana seeds in water, the seeds swell. When a seed swells, it becomes a little softer. Seed Coat becomes soft and slides off easily. Roots develop from seed. Later, shoots develop. This stage is called Seeding. Root develops downward into soil and Shoot develops upward towards sunlight. Seedling grows further into a new plant. (Show germination of a seed by diagram)
- c) Seeds are scattered to different places from parent plant by some process. This is called Seed Dispersal. The process of dispersal is carried out by agents like wind, animals and explosion as follows: Wind : Some seeds are light, have wing-like structure or tuft of hair that make them float in air easily. Seeds of cotton, hibiscus, madar, etc. are dispersed by wind. Animals : Some seeds have hair on them which allow them to attach to bodies of animals when they rub against plants. They drop them off when they move on. This way seeds get dispersed. Some seeds are buried in soil by animals like squirrels to hide them. Some birds eat fruits and throw away seeds thus dispersing them. Explosion : Some seeds grow inside pods. When fruit ripens, pod explodes thus releasing seeds with force sending them to far-off places.
- d) For growing a particular crop, the following points should be kept in mind: Different crops need different types of soil. Seeds should be sown in right type of soil for maximum production. Use good quality seeds for a healthy crop. Provide timely manure and water as per the requirement of a particular crop. Weeding off unwanted plants.

Question 15 :- Answer the following questions :

Answer :

- a) A tadpole breathes through gills like a fish. A frog breathes through lung while on land and moist skin while in water.
- b) Insects breathe through a series of small holes present on their bodies. These holes are called spiracles. Fish is an aquatic animal and take in oxygen which is dissolved in water with the help of gills.
- c) Water animals such as fish have fins to swim and move.
- d) Insects such as ants walk on their six legs. Some insects such as houseflies have a pair of wings to fly.

Question 16 :- Answer the following questions :

Answer :

- a) The steps to prevent occurrence of communicable diseases are as follows: The house should be clean, well-ventilated and free of mosquitoes. Water should be boiled and kept covered. Food should also be kept covered. Water in villages should be chlorinated. We should drink pasteurized milk. We should not use items used by a person suffering from a communicable disease. Always wash hands with soap before and after meal.
- b) A healthy diet contains all nutrients which are building materials of our body and provide us enough energy for our growth and other activities. A healthy diet contains carbohydrates, fats, proteins, vitamins and minerals. We must eat a healthy and balanced diet that is rich in all these nutrients to live healthy. A healthy diet protects us from many diseases.
- c) The communicable diseases spread in the following ways: Food : Flies sit on food and transfer germs to food which infect a healthy person on eating it. Water : Unclean water also causes spread of diseases. Cholera, Typhoid and Jaundice are diseases that spread in this manner. Air : When an infected person sneezes or coughs, germs are released into air. A healthy person can get infected by these germs. Common cold, Influenza and Chickenpox spread in this manner. Animals & Insects: Some insects transmit disease-causing germs from a sick person to a healthy person. Malaria is spread by the bite of mosquitoes that carry disease-carrying germs. The bite of an infected dog spreads a disease called Rabies.

Question 17 :- Answer the following questions :

Answer :

- a) Our skeleton is useful to us in the following ways: It gives shape to our body. It gives support to our body. It is because of our skeleton that we have an upright posture. It protects inner organs like Heart, Lungs, Brain and Stomach. Muscles attached to bones help in various movements of our body. Red and white blood cells are produced by Bone Marrow present in our bones.
- b) The difference between voluntary and involuntary muscles is as follows: Voluntary Muscles : Voluntary Muscles are under our control and can be moved according to our will. Muscles on limbs are examples of Voluntary Muscles. Involuntary Muscles : Involuntary Muscles are not under our control and cannot be moved according to our will. Muscles of heart, also called Cardiac muscles, are examples of involuntary muscles.
- c) Muscles are fleshy bundles of thin, elastic material in our body. A human body has more than 640 muscles. Muscles allow us to bend our body, to push food down digestive canal, to inhale and exhale the air, etc. Muscles are attached to bones by a band of tissues called Tendons. When muscles contract or shorten, they pull on tendons which pull on the bones and cause our limbs to move and work.
- d) We can keep our muscles in good shape by the following: By taking a healthy diet having all the nutrients required by the muscles to grow. Regular exercise make our muscles strong, flexible and elastic.

Question 18 :- Answer the following questions :

Answer :

- a) Nervous System deals with control, coordination and balance of our body. It consists of Brain, Spinal Cord and Nerves. The functions of Nervous System are:

Brain : It receives messages from different parts of body, interprets and sends instructions via nerves about responses to be carried out. Brain has 3 parts:

Cerebrum : It is thinking centre, controlling working of sense organs and voice. Memories are stored here. Cerebellum: It helps to balance our body and keeps it upright. It helps in working of muscles. Medulla Oblongata: It takes care of those actions not in our control like Lungs and Heart muscle movements. It remains active even in sleep. Spinal Cord : It runs right across from neck till base of back. It connects nerves from other parts of body to brain. Nerves : Nerves carry messages in different parts of body in the form of impulses. Nerves are of 3 types: Sensory : Sensory Nerves carry messages from sense organs to brain. Motor : Motor Nerves carry orders from brain to different parts of body. Mixed : Mixed Nerves carry messages to brain and also responses or instructions from brain. Reflex Actions: Actions happening in split seconds are carried out as quick reactions to a Stimuli and do not involve Brain.

b) There are 2 sockets in skull that have eyeballs. In the front portion, there is a circular transparent area called Cornea. The coloured circle in eye is Iris. A sensory nerve called Optic nerve connect eye to Brain. Sockets protect eye from injury. Eyelids and Eyelashes keep eyes from dust and dirt. (Show structure of eye with diagram)

c) Three kinds of nerves are as follows: Sensory : Sensory Nerves carry messages from sense organs to brain. Motor : Motor Nerves carry orders from brain to different parts of the body. Mixed : Mixed Nerves carry messages to brain and also responses or instructions from brain.

d) Spinal Cord is a nerve extending from base of brain. It runs right across from neck till base of back. It is encapsulated by vertical column. It connects nerves from other parts of body to brain.

e) Reflex Actions are actions happening in split seconds are carried out as quick reactions to a Stimuli and do not involve Brain. Reflex Actions are those actions that we do without thinking or we cannot control. These actions are controlled by Spinal Cord. Two examples are: When our hand touches a hot object, it moves away automatically. This saves our hand from getting burnt. When we touch a pointed object, we withdraw our hand immediately. The movement of body happens naturally.

f) Three main parts of brain and their functions are as follows: Cerebrum : It is largest part of Brain, dome shaped, thinking centre, controlling working of sense organs and voice. Memories are stored here. Cerebellum: It is below Cerebrum. It helps to balance our body and keeps it upright. It helps in working of muscles. Medulla Oblongata: It lies below Cerebellum and is bulb-shaped. It takes care of those actions not in our control like Lungs and Heart muscle movements. It remains active even in sleep.

Question 19 :- Match the following.

Answer :

1. c 2. b 3. a 4. g 5. d 6. h 7. e 8. f.

Question 20 :- Match the following.

Answer :

1. b 2. d 3. a 4. c.

Question 21 :- Tick the correct option.

Answer :

- a) Cotyledons
- b) Begonia
- c) Wheat

Question 22 :- Tick the correct option.

Answer :

- a) on land and in water

- b) mammals
- c) fish
- d) Ostrich
- e) insects

Question 23 :- Tick the correct option.

Answer :

- a) disease
- b) ghee
- c) Vitamins
- d) Cholera
- e) Goitre
- f) Exercise

Question 24 :- Tick the correct option.

Answer :

- a) Tendons
- b) Ball and Socket Joint
- c) Nose Tip
- d) Gliding Joint
- e) Gliding Joint

Question 25 :- Tick the correct option.

Answer :

- a) Nerves
- b) Hands