

# EXERCISES



Choose the correct answer.

- Bones are made of  
(a) minerals and salts  
(b) acids and bases  
(c) living cells and minerals ✓  
(d) salt and water
- The jelly-like material inside the long bones is known as  
(a) plasma  
(b) bone marrow ✓  
(c) bone meal  
(d) bone sap
- Ribcage protects the  
(a) lungs and heart ✓  
(b) brain  
(c) spinal cord  
(d) stomach and liver
- The longest bone of the body is  
(a) ulna  
(b) radius  
(c) femur ✓  
(d) stirr up
- Our blood cells are prepared in the  
(a) bone marrow ✓  
(b) heart  
(c) intestine  
(d) liver
- The joints of skull are  
(a) fixed ✓  
(b) movable  
(c) gliding  
(d) hinge
- The tissue that prevents the bones rubbing against each other is  
(a) cartilage ✓  
(b) ligament  
(c) tendon  
(d) none of these

8. The joint found in the neck is  
(a) gliding (b) hinge (c) pivotal ✓ (d) ball-and-socket
9. Walls of stomach, intestine and alimentary canal have  
(a) smooth muscles ✓ (b) skeletal muscles (c) cardiac muscles (d) all of these
10. Muscles work in pairs by  
(a) contraction only (b) contraction and expansion ✓  
(c) expansion only (d) neither contraction nor expansion



# QUICK ASSIGNMENT

## A. Tick (✓) the correct word.

1. The skull protects eyes / brain.
2. Backbone is made of 33 / 30 small and hollow bones.
3. The twelve / twenty-one pairs of ribs form the rib-cage.
4. The thigh bone is the smallest / longest bone in our body.
5. The bones / bone marrow produce(s) new blood cells.

## B. Fill in the blanks.

1. There are 206 bones in our body.
2. The pivot joint helps to move the head.
3. In front, ribs are connected to the sternum
4. Ligament is a smooth flexible substance that joins the bones together.
5. The skull contains immovable joints.

## C. Write one word for the following.

- |  |                          |
|--|--------------------------|
| 1. A hard structure that supports and protects the internal organs | <u>skeleton</u>          |
| 2. Twelve pairs of curved bones that protect the heart             | <u>Ribcage</u>           |
| 3. Muscles of the heart  | <u>cardiac muscle</u>    |
| 4. Muscles that move on their own                                  | <u>voluntary muscles</u> |
| 5. Substance that connects skeletal muscles with the bones         | <u>Tendons</u>           |

## D. Unscramble the following words with the help of clues given below.

1. Body's factory for producing red blood cells  
ONEBOWRMRA
2. The bone that protects the spinal cord  
CNAKBOBE
3. The longest bone of human body  
RUFME
4. The joint in the knee  
GNIEH
5. The joint in the neck  
IOPTV

B	O	N	E	M	A	R	R	O	W
B	A	C	K	B	O	N	E		
F	E	M	U	R					
H	I	N	G	E					
P	I	V	O	T					

**E. Match the following column A with column B.**

**Column A**

1. Skull
2. Backbone
3. Rib cage
4. Bone marrow
5. Shoulder bones

**Column B**

- (a) protects lungs and heart **3**
- (b) produces new blood cells **4**
- (c) ball-and-socket joint **5**
- (d) protects brain **1**
- (e) protects spinal cord **2**



# MODEL TEST PAPER-I

(Based on Chapters 1 to 3)

MM 20

## Instructions

- Read the question paper carefully.
- Do not over write. Write neatly.

### I. State True or False.

1. Dicot plants have two cotyledons. (T)
2. Lion, frog and wolf are omnivores. (F)
3. All animals move with the help of their legs. (F)
4. The place where two bones meet is called a joint. (T)
5. Muscles work by contraction and expansion (T)

[4]



### II. Give one word for the following.

1. The part of the seed that produces the stem and leaves. Plumule
2. Breathing organ of mammals. - Lungs
3. The special changes in an animal's behaviour to suit its habitat. Adaptation
4. The longest bone of the human body. Femur
5. The joint that allows the bones to move easily in a large circle. Ball and socket

[4]

### III. Match the following columns.

- |  |                       |
|--|-----------------------|
| 1. Chemicals used to kill harmful insects                  | (a) bone marrow 4     |
| 2. Frogs and lizards                                       | (b) ligaments 5       |
| 3. Fish, prawns and crabs                                  | (c) insecticides 1    |
| 4. Production of red blood cells                           | (d) aquatic animals 3 |
| 5. Strong and tough fibres holding the bones at the joints | (e) sticky tongue 2   |

[5]

### IV. Draw a picture to show the stages of germination.

[2]

