



INDIAN SCHOOL DARSAIT
EVS
ORGAN SYSTEMS AND FOOD FOR A
HEALTHY BODY



REVISION WORKSHEET-1

Class: V Section :

Date:.....

Name:.....

Roll No:.....

I Fill in the blanks :

1. The meeting point of two bones is the _____.
2. _____ protects the heart and lungs.
3. The lungs have hundreds of branching airways called _____.
4. Sunlight is important source of vitamin _____.
5. Body building foods are _____ which help us to grow.
6. Tibia and _____ are the bones that takes the entire weight of the body.

II Name the following:

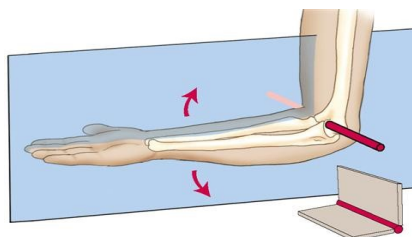
- 1 Sheet of muscle beneath the lungs . _____
- 2 The blood cells that help stop bleeding when we have a cut. _____
- 3 Smallest unit of life. _____
- 4 The longest and strongest bone in the body . _____
- 5 Clusters of airsacs at the end of each bronchiole. _____

III Identify the type of joint:-

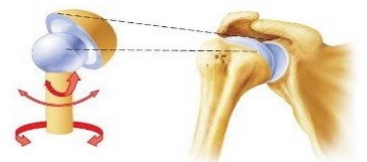
1.



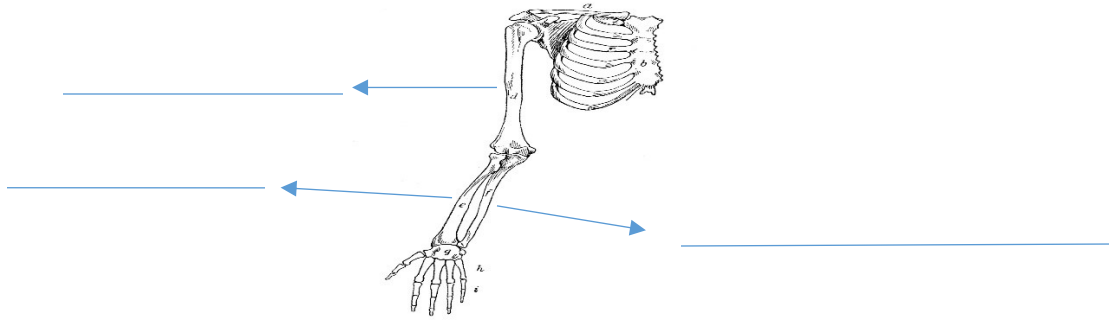
2.



3.



IV. **Label the picture of arm bones :-**



V. **Cite reasons for:-**

1. We should eat raw vegetables and fruits.

2. Brain is like a master computer.

VI **Define the following terms:-**

1. Pasteurization:

2. Floating ribs :

3. Roughage :

4. Organ system

VII **Answer the following:-**

1. What is meant by food preservation ? Name the different methods of preservation .

VIII **Look at the table and fill in the blanks:-**

Disease	Caused by	Symptoms	Source of nutrients
Anaemia	_____	Looks pale,lips _____ and gets tired soon.	_____ rich foods.
_____	Lack of iodine	_____	Take iodized salt and sea foods like prawn and shrimps.
Beriberi	Deficiency of _____	Loss of _____ and loss of _____ and weakness.	Eat foods like green leafy vegetables,butter, papaya,mango.
Scurvy	_____	_____	Citrus fruits,Amla,pineapple, tomato
Night blindness	_____	Can't see in dim light	_____
_____	Deficiency of vitamin D	Soft and weak bones which bend and break easily.	_____

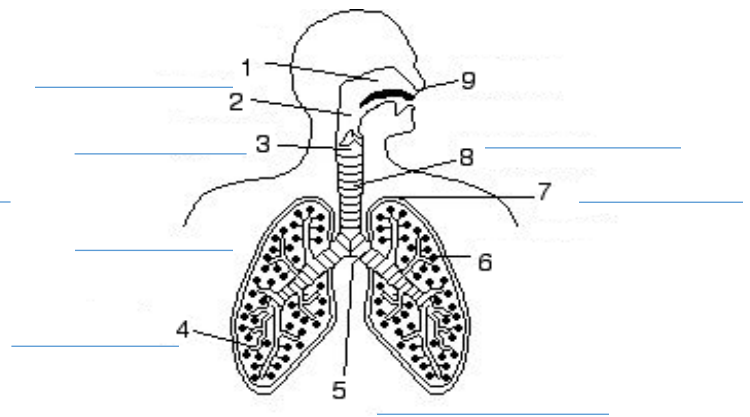
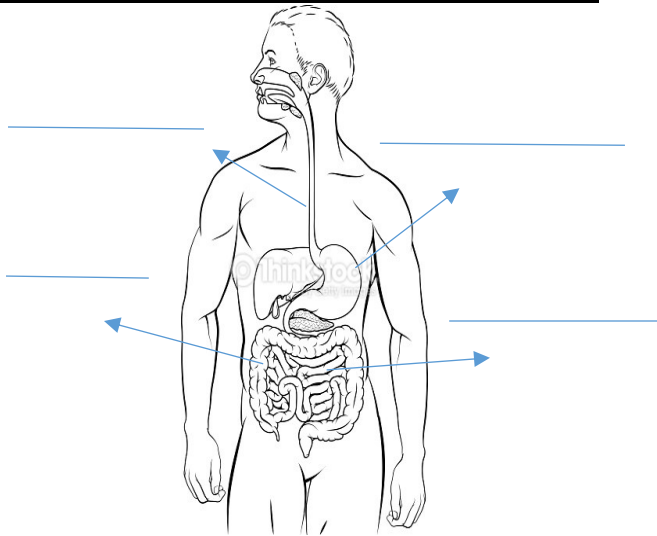
IX.

Differentiate the following :-		
1.	Red blood cells _____ _____ _____	White blood cells _____ _____ _____
2.	Sensory nerves _____ _____	Motor nerves _____ _____

3.	Ligament	Tendon
	_____	_____
	_____	_____

Name the organ system and label the parts:-

X.



XI. **Complete the following table :-**

Parts of the body	Functions
Vertebral column	
Hypothalamus	
Plasma	
Capillaries	