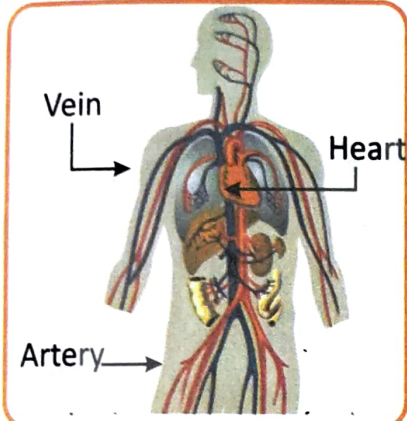


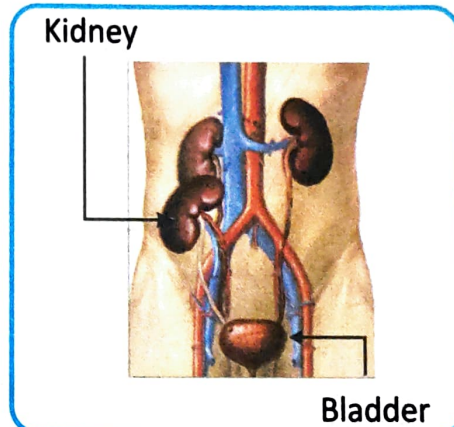
Date-29.04.2024

These are some organ systems of our body. Name the systems.



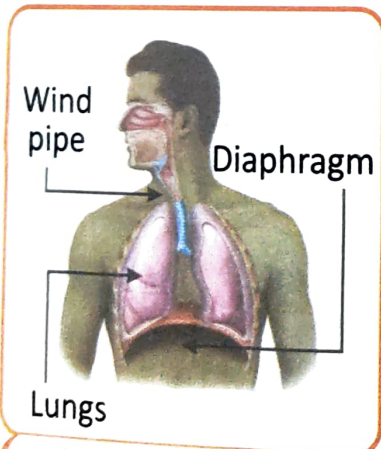
Name of the system

1 Circulatory System



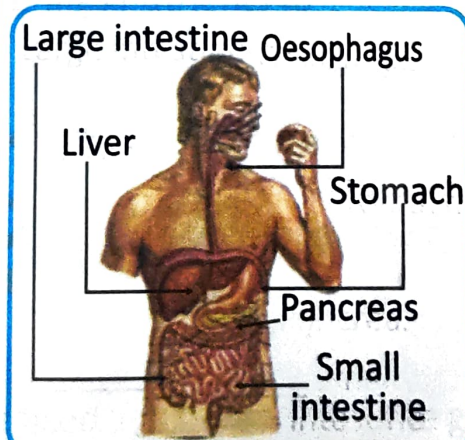
Name of the system

2 Excretory System



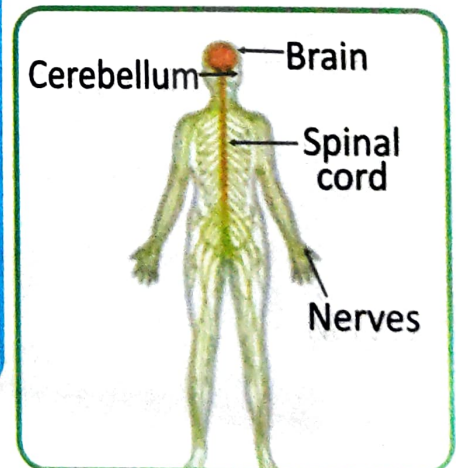
Name of the system

3 Respiratory System



Name of the system

4 Digestive System



Name of the system

5 Nervous System

### Know More

The only system that can be removed from the body without killing a person is reproductive system.



The human body is the most amazing machine. It is made up of bones, muscles, organs and glands. Connect the body organs to their clues and name them.

1. It is the centre of the human nervous system controlling our thoughts, movements, memories and decisions. It weighs around 1.5 kg!

B rain

2. It is one of the most important organs in the human body, continuously pumping blood all around the body. It is located in your chest and well protected by your rib cage.

H ear

3. They are known as the organs of breathing. The exchange of oxygen and carbon dioxide between the blood and air takes place here.

L ungs

4. It is roughly J-shaped and is like a thick bag which stores food. It expands every time you eat a meal!

S tomach

5. It is the largest gland in the body. It is situated to the upper right side of the stomach.

L iver

6. They are long tubes connected to our stomach. They help break down food so that the body can use it for energy.

I ntestine

7. They are hard and strong and give shape to our body. Without them you would be floppy like a bean bag!

B ones

### Know More



- Have you felt your heart beating ..... this is known as the cardiac cycle.
- A woman's heart beats faster than a man's. The heart of an average man beats approximately 70 times a minute, whereas the average woman has a heart rate of 78 beats per minute.
- There are four valves in human heart, they ensure that blood only goes one way, either in or out.

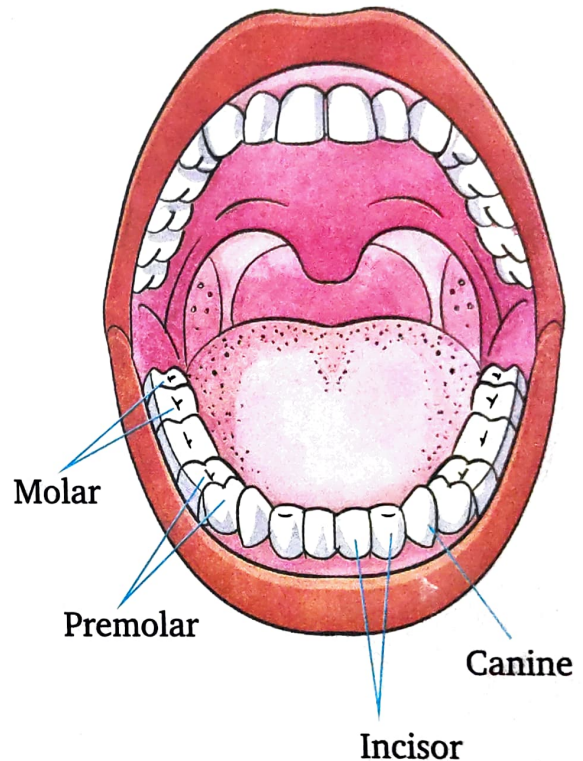




'Say cheese,' the photographer calls out. And you smile and show your teeth. **But how much do you actually know about your teeth?**

Tick (✓) the correct answer.

1. The teeth also help us (move/talk).
2. In total there are (12/8) molars.
3. Sometimes cavities form in the (root/enamel).
4. Dentine is (harder/softer) than enamel.
5. Canines are used for (grinding/tearing).
6. The (blood/enzyme) brings nutrients to the tooth.
7. The (gum/enamel) is the hardest substances in our body.
8. There are (2/6) canines each in the upper jaw and lower jaw.
9. Incisors are used for (cutting/crushing).
10. The root of a tooth is fixed (inside/outside) the gum.
11. The part of the tooth that shows is the (crown/pulp).



### Know More

Did you think you will have only 32 permanent teeth? No way! The last four called the wisdom teeth come much, much later!





Tick (✓) the correct option:

### World's Tallest Person

The world's tallest person was an American **Robert Pershing Wadlow**. He was born in 1918 and died in 1940. He had a height of 2.72 metres!



Robert Wadlow

1. Which is the biggest bone in the human body?  
a. Femur ☒ b. Tibia ☐ c. Fibula ☐
2. What is a prolonged headache called?  
a. Strain ☐ b. Migraine ☒ c. Sprain ☐
3. *Auricle* and *ventricle* are parts of which organ?  
a. Stomach ☐ b. Brain ☐ c. Heart ☐
4. What is another name for your 'voice' box?  
a. Eyes ☐ b. Tongue ☐ c. Larynx ☒
5. Where would you find taste buds?  
a. Eyes ☐ b. Tongue ☒ c. Nose ☐
6. Which is the biggest organ in the human body?  
a. Liver ☒ b. Brain ☐ c. Heart ☐
7. The place where two bones meet is called a  
a. Joint ☒ b. Station ☐ c. Junction ☐
8. Where is urine stored?  
a. Spleen ☐ b. Bladder ☒ c. Pancrea ☐
9. In which organ would you find a lens?  
a. Ear ☐ b. Eye ☐ c. Nose ☒
10. What is another name for food pipe?  
a. Trachaea ☐ b. Glottis ☐ c. Oesophagus ☒

### Know More



- Red blood cells are made and destroyed at a rate of 2 to 3 millions per second.
- An adult man's body contains about 5 litres of blood. Whereas a woman's body contains about 4.3 litres of blood.
- Your body makes about 2,000,000..... red blood cells every second! In your lifetime your body will make 1/2 tonnes of red blood cells!



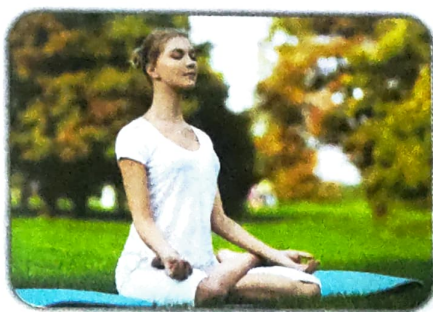


Yoga deals with the physical, mental and spiritual well-being of human beings. It is the best way to maintain health. Look at the following asanas and write their names.



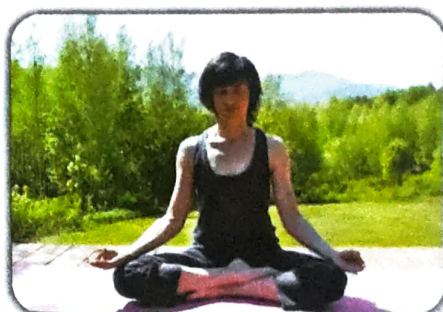
This asana strengthens the spinal nerves and corrects many defects of the spine.

1 Bhujangasana



This asana destroys all ill elements. It is the most popular asana among the young practitioners.

2 Siddhasana



This asana improves digestion. It is considered the best among all asanas.

3 Padmasana



This asana removes poisons from the body and keeps the body fit. It also makes the body slim.

Mayurasana



This asana is good for the brain and glands in the head. It also brings smoothness to the face.

5 Sirsasana



This asana is good for the spinal cord. It also improves digestive and arm muscles.

6 Trikonasana

### Know More

Swami Ramdev is a famous guru of yogasanas – especially pranayama.

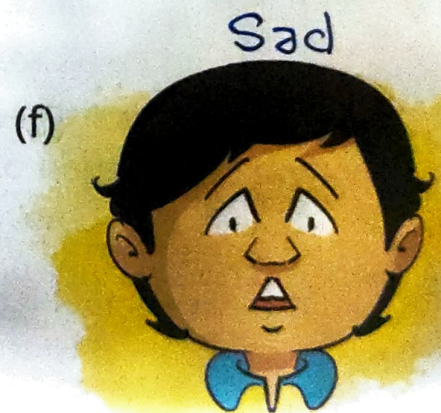
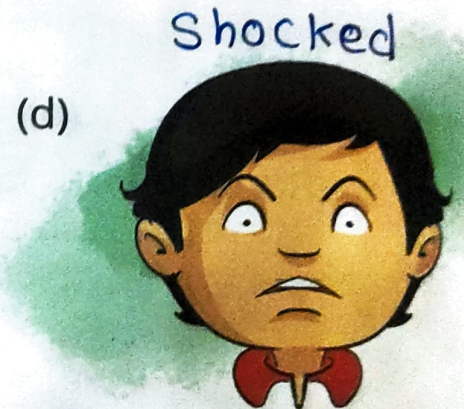
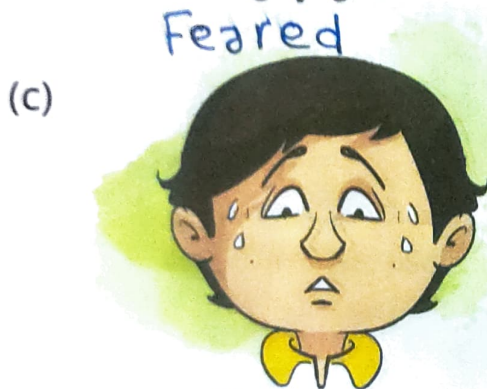
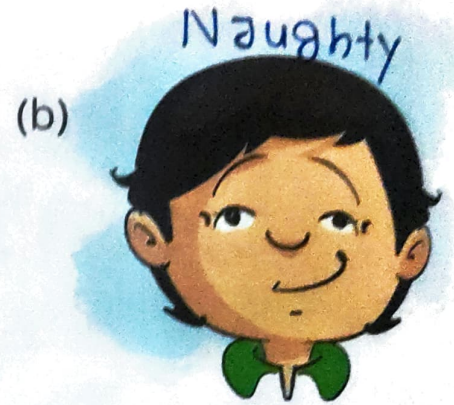
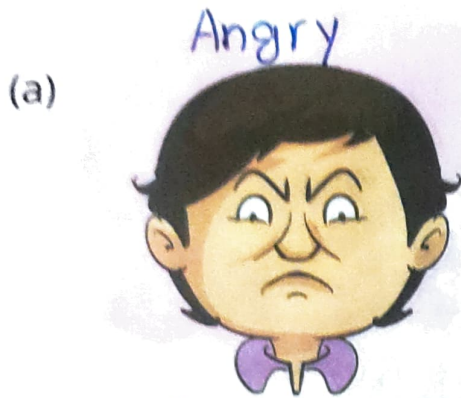


1. Sirsasana, 2. Mayurasana, 3. Trikonasana,  
4. Padmasana, 5. Siddhasana, 6. Bhujangasana





We are human beings. We feel different feelings and express them. Match the expressions with the correct face and colour also.



1 Sad

2 Shocked

3 Happy

4 Feared

5 Angry

6 Naughty

# SELF ASSESSMENT-1

Tick (✓) the correct option.

1. Lungs are the part of \_\_\_\_\_.  
a. Digestive System ☐ b. Nervous System ☐ c. Respiratory System ☒
2. Which is the biggest bone in the human body.  
a. Fibula ☐ b. tibia ☐ c. Femur ☒
3. The place where two bones meet is called.  
a. Joint ☒ b. Station ☐ c. Junction ☐
4. This asana improve digestion :  
a. Sirsasana ☐ b. Padmasana ☒ c. Siddhasana ☐
5. When I complete my all work my parents appreciate me. How do I feel?  
a. angry ☐ b. sad ☐ c. happy ☒
6. When some body surprises me. I feel \_\_\_\_\_.  
a. shocked ☒ b. angry ☐ c. sad ☐
7. Unjumble the given word. Read the hints first.
  - a. In which organ would you find a lens?  
eey      eye
  - b. what is another name for food pipe?  
phsooegasu      Oesophagus
  - c. Name the internal organ of excretory system.  
ikedyn      kidney
  - d. The teeth help us to \_\_\_\_\_.  
altk      talk



A sky scraper is a tall, continuously habitable building having multiple floors. Some skyscrapers may be as tall as 510 metres. Below are given the pictures of some tallest buildings and towers. **Can you name the countries where they are located?**

1



BURJ  
KHALIFA

2



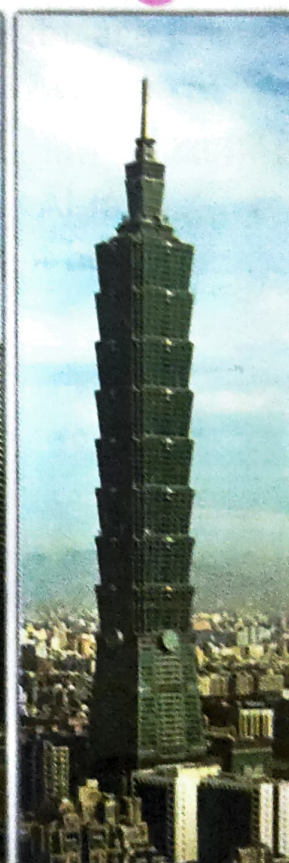
CN TOWER

3



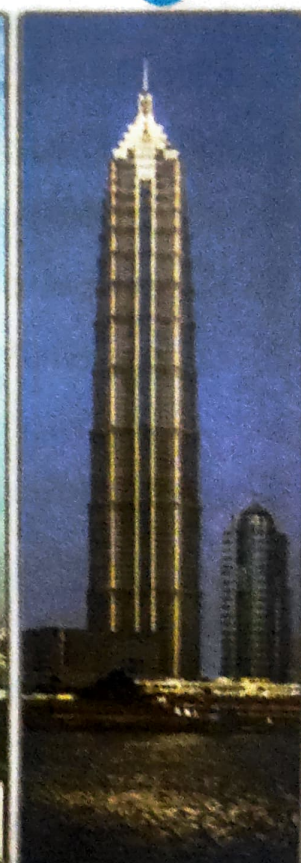
PETRONAS  
TOWERS

4



TAIPEI

5



JIN MAO  
TOWER

1

4

3

2

5

### Know More

On 25 December 2004, French spiderman Alain Robert climbed up the outside of the Taipei. It took him four hours to reach its 509 m high tip!



1. U.A.E.
3. Malaysia
5. China

2. Taiwan
4. Canada



Sobriquets are the popular names of some places or things. It describes the most important quality of something. Here are some famous sobriquets.

**Choose the name of the place that is related to the nickname.**

- |                               |                    |
|-------------------------------|--------------------|
| 1. Land of Cakes              | <u>Scotland</u>    |
| 2. Land of the White Elephant | <u>Thailand</u>    |
| 3. City of Skyscrapers        | <u>New York</u>    |
| 4. Land of Rising Sun         | <u>Japan</u>       |
| 5. Playground of Europe       | <u>Switzerland</u> |
| 6. Sugar Bowl of the World    | <u>Cuba</u>        |
| 7. Land of Lilies             | <u>Canada</u>      |
| 8. Land of Thunderbolt        | <u>Bhutan</u>      |
| 9. Dark Continent             | <u>Africa</u>      |
| 10. Land of Midnight Sun      | <u>Norway</u>      |

Cuba/Turkey/Scotland  
 Malaysia/Sri Lanka/Thailand  
 Cairo/New York/Tokyo  
 Butan/Japan/China  
 Paris/Berlin/Switzerland  
 Kent/Cuba/Paris  
 France/Canada/Atlantic  
 Indonesia/Bhutan/Korea  
 Australia/Antarctica/Africa  
 Norway/Austria/Denmark

