

09.05.2020

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EVS - class Test
Chapters - 1 & 3

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1. My Body
3. Food for us

I. Fill in the blanks:-

- ① Our body is like a _____
- ② The _____ pumps blood to all parts of our body.
- ③ We use our _____ to breathe.
- ④ Our body is made of _____ and _____
- ⑤ The parts of the body that can be seen are called _____
- ⑥ We get food from _____ and _____
- ⑦ We should eat our _____ at fixed time.
- ⑧ We should not eat _____ food.
- ⑨ People who eat fish, eggs and meat are called _____
- ⑩ _____ and _____ are energy-giving foods.

II. Write True or False:-

- ① We need our parent's help and care. _____
- ② We cannot hear our heart beat. _____

(2)

Choose the correct answer:-

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What helps us to think?

- (a) Heart (b) Brain

What is our body made up of?

- (a) Blood (b) Bones and muscles

What is our body covered with?

- (a) Skin (b) Brain

Match the following:-

Brain - give shape to our body.

Stomach - helps to think.

Bones - digest food.

Give two examples for each:-

Internal organs: _____

Protective foods: _____

Body building foods: _____

Name them:

Name the organs that use to breathe: _____

Name the organ that pumps blood to all parts of the body: _____

Name the organs that use to move, walk and

(3)

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Sort out the energy-giving foods,
body building foods and protective foods:
[Apple, Chicken, bread, pulses, carrot,
milk, fish, sugar, tomato, egg, wheat, rice]

Answer the following :-

What is the main function of the heart ?

How does the brain help us ?

How should we take care of our body ?

Why do we need food ?

What is a balanced diet ?

How can we keep ourselves healthy ?

Drawing :-

Draw five sense organs.

Draw two protective foods.