

Let's Update
Subject –English
Class – V (2020-21)

Revision Sheet Unit- I

Section – A (Reading)

Q1 Read the passage and answer the questions that follow.

Mother Teresa was a great soul, whose heart was full of compassion for the poor and needy people. She was born in Yugoslavia. She became a nun at the age of 16. When she was 18 years old, she was sent to a convent in Kolkata. There, she observed that the children of the area were poor, ill-fed and sick. She started going to the slum regularly with medicines and food. She started a separate institution of dedicated workers to serve the humanity. This institution was called “Missionaries of Charity.” She collected large donations and established “Nirmal Hriday” for the physically challenged people near Dum Dum airport in Kolkata. Mother Teresa was awarded “The Nobel Peace Prize” in 1979. She was awarded the “Bharat Ratna Award”, the highest national award of India. Mother Teresa died on September 5, 1997 in Kolkata.



Answer the following questions.

Q1 What kind of person was Mother Teresa?

Ans. _____

Q2 Where was she born?

Ans. _____

Q3 Write the names of the two institutions started by her?

Ans. _____

Q4 Which two prestigious awards did she get?

Ans. _____

Q5 When did she die?

Ans. _____

Q6 Pick out any two proper nouns from the passage.

Ans. _____

Q7 Underline the noun and state its kind.

- (1) R.K. Narayan wrote many novels and stories in English. _____
- (2) Cheese is made of fresh milk . _____
- (3) Truth is a precious jewel. _____
- (4) A shoal of fish was trapped in the net. _____
- (5) Have you heard the loud buzz of a swarm of bees? _____
- (6) This table is made of steel _____
- (7) The Nile over flows its bank every year. _____
- (8) Ram is famous for his honesty. _____

Q8 Fill in the blanks with suitable degrees of adjectives.

- (1) Balu is the _____ bowler in our team. (good)
- (2) Gold is _____ than silver. (expensive)
- (3) His simple word is as _____ as an oath. (good)
- (4) My Uncle is _____ than Ramesh is. (rich)
- (5) Harry is the _____ of all boys. (able)
- (6) It was the _____ moment of my life. (proud)
- (7) She is an _____ girl. (intelligent)
- (8) The rate of this dress is _____ than the other too. (cheap)

Q9 Insert articles wherever necessary and put (X) wherever required.

- (1) How blue _____ sky looks!
- (2) Copper is _____ useful metal.
- (3) _____ darkest cloud has _____ silver lining.
- (4) _____ Ganga is considered holy by _____ Hindus.
- (5) _____ book you want is out of print.
- (6) _____ February is _____ shortest month of a year.
- (7) We are learning _____ English.
- (8) _____ Raman is _____ brilliant boy of our class.

Q10 Punctuate the following sentences.

(1) we should be humble generous and polite with everyone

(2) ritu is a smart and intelligent girl

(3) my sister is planning to go on europe tour

(4) thenile is a deep river

(5) sohan said he will be absent for next ten days

(6) have you seen a white panther before

(7) it is such a wonderful party

(8) can i borrow your book

Q11 Rearrange the given words into meaningful sentences.

(1) a / by / Rama / horse / kicked / is

(2) no / home / is / place / there / like

(3) friends / makes / worst / time / enemies / the

(4) lessons / taught / us / many / experience / has

(5) have / good / received / I / some / very / news

(6) be / our / will / soon / vacations / summer / starting

Q12 Complete the blanks with pronouns as directed.

(1) Have you done this work _____? (Reflexive pronoun)

(2) Neeta is a talented girl. _____ goes for dancing and singing classes everyday. (Personal pronoun)

(3) _____ has come to meet me? (Interrogative pronoun)

(4) _____ is my new car. (Demonstrative pronoun)

(5) _____ had a great loss in his business. (Personal pronoun)

Section – D (MCB)

Q13 Write the meanings of the given below words.

(1) vendor _____ (2) harvest _____

(3) stern _____ (4) impressive _____

(5) promptly _____

Q14 Frame sentences in your own words.

(1) crowd _ _____

(2) fortunate – _____

(3) questioned – _____

(4) cheated– _____

(5) punishment – _____

Q15 Answer the following questions:

(1) Why did the king stole his friend's ball?

Ans. _____

(2) How was the thief caught?

Ans. _____

(3) Why does the queen say, “So Prime Minister, even you are a learner?”

Ans. _____

(4) Why did the author called the tree “A Special Tree”?

Ans. _____

(5) Why did Raki like the cherry tree so much?

Ans. _____

Q16 Who said to whom?

(1) “Are cherry stones lucky?”

_____ to _____

(2) “Do you know how to fly a kite?”

_____ to _____

Q17 State True or False.

(1) A person is always in the process of learning. _____

(2) The queen wanted the best teachers to teach her. _____

(3) The thief present a pearl necklace to the king. _____

(4) Raki planted seed of mango tree. _____

Comprehension

Q.1 Read the passage carefully and answer the questions that follow.

Dr. Shanti SwaroopBhatnagar was born in an ordinary family. When he was just 8 months old, he lost his father and was sent to his grand parents who brought him up. A family friend took him to Lahore for education.

He went to England after his M.Sc. on his return, young Bhatnagar used to spend his spare time in his laboratory. P.C. Ray and C.V. Raman praised his ingenuity.

Dr. Bhatnagar established chemical laboratories all over India and he was awarded the title 'Sir' by the British for his service to science. Pt. Nehru encouraged him and the Council for industrial and Scientific Research was set up under his chairmanship. Later he was awarded 'Padma Bhusan'.

Dr. Bhatnagar's life is an example that even a man, with an ordinary background can shine in life.

Answer the following questions.

Q1 What was the age of Dr. Shanti SwaroopBhatnagar when his father died?

Ans. _____

Q2 Where did he receive his early education?

Ans. _____

Q3 Where did the young Bhatnagar spend his spare time.

Ans. _____

Q4 Who used to praise him?

Ans. _____

Q5 Which award did he receive?

Ans. _____

Q6 Complete the following sentence.

DrBhatnagar's life is _____

Q.2 Read the passage carefully and answer the questions that follow.

Once a Brahman and his wife lived in a village. They were a very sad couple as they were without children. They prayed to God daily to listen to their prayer and bless them with a child.

Time passed gradually. By the grace of Almighty, the Brahman's wife gave birth to a child. The child was not a human being but it was a snake. The relatives and friends of Brahman advised him to get rid of the snake by killing and burning it. But the Brahman's wife would not listen to them. She showed motherly affection to the snake and began to take care of the snake like a human child. She daily gave it bath, fed with sweet milk and made very soft and comfortable bed for the snake to sleep on.

Answer the following questions.

Q1 Why were the Brahman and his wife sad?

Ans. _____

Q2 What did they pray to God daily?

Ans. _____

Q3 What kind of a child did they get?

Ans. _____

Q4 How did the Brahman's wife look after her snake child?

Ans. _____

Q5 What advice did Brahman's friends and relatives give him?

Ans. _____

Q6 Pick out any two verbs from the passage.

Ans. _____

Vocabulary

1	paddock	-	a small field
2	parasol	-	a small umbrella
3	pardon	-	forgiveness
4	mis-spend	-	to waste
5	marinor	-	a sailor
6	chink	-	a peep hole
7	combustion	-	destruction by fire
8	portent	-	something marvellous
9	sapling	-	a young tree
10	satan	-	the devil
11	knavish	-	dishonest
12	lancet	-	a surgical knife
13	larum	-	alarm
14	laniary	-	tearing, a canine tooth
15	lazarus	-	beggar
16	malthreat	-	to treat badly
17	quandary	-	difficulty
18	tarnish	-	blemish
19	prophecy	-	prediction
20	parable	-	moral tale
21	lucrative	-	profitable
22	nullify	-	cancel
23	neurotic	-	unstable
24	lunatic	-	crazy
25	forage	-	fodder



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Let's Update
Subject –Maths
Class – V (2020-21)

Revision Sheet Unit – I
Chapter – 2, 4, 5, 7, 11

1. **Compare:** (a) CDXLV CDLXV (b) LXXI LXXXII
(c) CCCIV CCCVI (d) XCIX XC

2. **Reduce to the lowest term:**

(a) $\frac{58}{95}$

(b) $\frac{75}{90}$

3. **Arrange in descending order:** $\frac{1}{2}$, $\frac{3}{5}$, $\frac{7}{10}$, $\frac{4}{15}$

4. **Arrange in ascending order:** $\frac{3}{5}$, $\frac{1}{4}$, $\frac{7}{8}$, $\frac{2}{15}$

5. **Divide and find the quotient and remainder :** $203794 \div 79$

6. Compare:

(a) $5\frac{2}{7}$, $5\frac{3}{8}$

7. Convert into improper fraction:

(a) $5\frac{3}{14}$

(b) $7\frac{5}{12}$

8. The difference between two number is 8894561. If the smaller number is 5089374, find the greater number.

9. Write the Roman Numeral in descending order:

(a) CCXIV, CCCXIV, CDXIV, CCXVI - _____

(b) XLV, XLIII, XLVI, LXIII - _____

10. Simplify:

(i) $20 \times 10 + [600 \div \{ 200 \div (100 - 50) \}]$

(ii) $(50 - \overline{10 - 5}) \div 9 \times 5 + 7$

11. Write the Roman Numeral for:

(a) 346 _____

(b) 297 _____

(c) 409 _____

(d) 336 _____

12. By using suitable grouping find the product:

(a) 723×5000

(b) $4 \times 113 \times 25$

13. Write each of the following decimals correct to three decimal places:

(a) 19.0147

(b) 53.2475

(c) 127.0186

14. Add : (a) 6089458, 237, 184009

(b) 7150699, 231579

15. Subtract: 80984563 from 90000000

16. On rounding , 15742407 to nearest

(a) ten, we get _____ (b) hundred, we get _____

(c) thousand, we get _____ (d) ten thousand, we get _____

(e) lakh, we get _____ (f) crore, we get _____

17. A sack holds 560 onions. How many onions can fit in 289 such sacks?

18. 389 Chocolates packed in each fancy packet. How many packets will be needed to pack 5697800 chocolates? How many chocolates will be left?



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Let's Update
Subject – S.St
Class – V (2020-21)

Lesson - 1 Mapping the World

Water covers more than 70% of the total surface of the Earth.

The largest land masses on the Earth are called continents and the largest water bodies are called the oceans.

Seven Continents

Asia, Europe, North America, South America, Africa, Australia and Antarctica.

Russia is the largest country in size and the Vatican City is the smallest one

Major Oceans Pacific Ocean, India Ocean, Atlantic ocean and Arctic ocean

To study the Earth and its features we use model of the Earth known as globe. It shows exact shape, Size and location of various continents, countries, oceans and seas. Globe comes from the Latin word 'Globus' .Which means round mass or sphere.

A drawing of the whole or part of the Earth's surface on a flat sheet is called map.

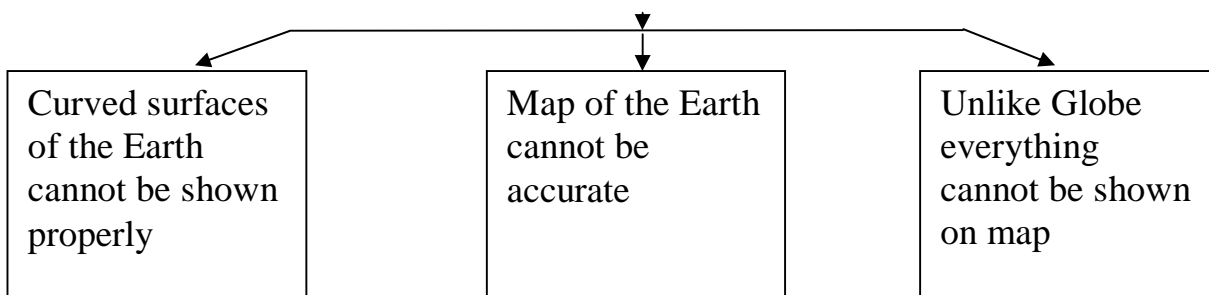
Maps can show plains, valleys mountains, water bodies, forests, wildlife, railways line, industries roadways etc.

Book of maps is called Atlas.

Different colours, signs, symbols are used to show different things. It is called Language of maps.

The study of map making is called cartography and the one who makes maps is called a cartographer.

Limitations of Map



To know the location of a place we should know its direction first. The top most direction of the map is North and bottom is South, West lies to the left and East lies to the right South East lies between South and West. A map scale is the ratio of the distance between two place on the map to the actual distance on the ground.

Lesson -2 Latitudes and longitudes

To find the location of a place we take the help of the globe. The globe rotates on its axis having two ends or poles. The point at the top is North pole and point at the bottom is South pole.

The full circles drawn on the globe from East to West are called lines of Latitudes.

The longest line of Latitudes is called the Equator. It divides the earth into two equal hemispheres. Northern and Southern

Each line of Latitude is designated with a number the longest line of Latitude is at 0° The North pole is 90° and South pole is 90° . There are four important lines of Latitudes besides North pole and South pole are:

1. Tropic of Cancer- $23\frac{1}{2}^{\circ}$ North Latitude
2. Tropic of Capricorn- $23\frac{1}{2}^{\circ}$ South Latitude
3. Arctic Circle- $66\frac{1}{2}^{\circ}$ North Latitude
4. Antarctic Circle- $66\frac{1}{2}^{\circ}$ South Latitude

The semi circles that join North Pole and South pole and run from North to South are lines of Longitudes or Meridians

All meridians are of equal length. The distance between two meridians is maximum at the equator and minimum at the poles.

The meridian which passes through Greenwich (a place near London) is called the Prime Meridian. There are 180 meridians towards the east of the Prime Meridian and 180 Meridians towards the west of Prime Meridians

Parallels and Meridians form a network of lines on a globe and from a network called grid.

The word Meridian is derived from the Latin word meridians which means mid-day.

Africa and South America are two continents through which cross the equator. Hence these continents are located in the Northern and Southern Hemispheres.

Lesson – 3 (Natural Resources)

Resources that are drawn from nature are called the natural resources.

Natural resources are classified into different groups based on their origin. Resources can be Biotic and Abiotic.

Biotic Resources – In exhaustible natural resources & which continue to reproduce and regenerate as long as conditions remain favorable. All biotic resources are renewable.

Abiotic Resources - The exhaustible non – renewable resources like minerals and fossil fuels are Abiotic resources. We need to use them carefully otherwise they will get exhausted.

Solar energy is another source of energy which is Biotic Scientists are now is trying to tap this energy for many uses. Therefore solar energy is called the “Resource of Future”.

India has a Solar plant at Madhapur near Bhuj

Conservation – Over use and misuse of natural resources can spoil our environment. If this would not be checked many species would be threatened and may suffer extinction. So need of the hour is to-

1. Use the natural resources judiciously.
2. Tap the inexhaustible sources of energy for different uses like solar energy, biogas etc.
3. Preserve the exhaustible resources.
4. Encourage afforestation
5. We must learn to wisely and use these resources, so that we can have a safe future on the Earth.

Lesson – 4 (Various Landforms)

Various landforms are found on the Earth because the surface of the Earth is not uniform everywhere. This variation in the landform is called 'Relief'.

Plains – Flat and low lying land surfaces are called plains – plains are also called lowlands. Rivers play an important role in the formation of plains. They bring sand and silt from highlands. Plains are thickly populated. Plains in the river valleys are very fertile and is suitable for agriculture. Most ancient civilizations came up in the plains of river valleys.

Plateaus – Highlands with flat tops are called table land. Sides of plateaus rises abruptly from the surrounding areas. Largest part of Australia, Asia, Africa and North America is covered with plateaus. Plateaus are rich in minerals. Most plateaus are found in dry regions having cold climate.

The plateau of Tibet is the highest plateau in the world. It is known as the “Roof of the world”.

Desert – Large sandy areas which support little or no vegetation are called deserts. Deserts may be either hot or cold. Hot desert have little or no rainfall. Cold desert are at high altitude. They have low temperature, snowfall and almost no vegetation. Deserts are mostly located on the Western sides of the continents having arid and semiarid climate.

Largest hot desert in the world is the Sahara desert in Africa and largest cold desert is Antarctica.

Mountains – Highest land forms on the surface of the Earth are called mountains. Mountains have different shapes and heights depending upon their age. The older they are, the shorter they are. Mountains help to cool the vapour and bring rain- Mountains are store house of minerals- Rivers coming from mountains provide water for irrigation- Mountains cover 24% of the land area- Mountain rocks are widely used as building material.

The Aravallis are the old mountains and Himalayas are the young mountains. Aravallis are low with round peaks while Himalayas are high having conical peaks.

When several mountains join together, they form a chain or range like Rockies in North America.

Mountain regions are thinly populated.

River Valleys – Valleys carved out by the rivers and streams are called river valleys. The underground water in higher areas flows towards lower areas. Sometimes in the form of streams.

When many streams join together, a river is formed.

At the place of the origin, the speed of the rivers is very high and so a deep valley is cut and canyons, waterfalls and rapids are formed. This is the first stage of the river this stage is called the upper or the young course. At this stage, the river carries less water.



The second stage of the river is called the middle course or Mature course. This stage begins when the river leaves the mountains and enters the plains. At this stage, the valley widens and develops loops called meanders.



The last stage is known as the lower or the old course. At this stage the river joins a bigger water body like a lake or sea. Hence the speed of the river is very slow. Most of the rivers form deltas near the mouth or at end point.



Did you know – 30% of the world's population live in mountainous region – Asia has the largest mountain covered areas (52% of its total land surface)

Lesson – 5 (Weather and Climate Conditions)

Weather – The atmospheric condition of a given place and time is called weather. Weather is dependent upon atmospheric temperature, pressure, humidity, wind and rainfall. It can change any moment.

Climate – It is the average weather condition of a larger areas over a long period of time. Climate of a place remains almost the same year after year.

Factors Influencing Climate

Latitude – The areas near the equator receive more heat than the areas near the two poles.

Altitude – When the altitude increases temperature decreases at the rate of 1°c for every 165 meters.

Wind – Wind carries the heat and moisture content of the areas from where it comes. Wind coming from hot regions increases the temperature and wind coming from cold regions decreases the temperature. Wind coming from the sea brings cool and moist air.

Large Water Bodies – Water heats and cools less rapidly than land. Areas near large water bodies like sea are warmed in winter and cooled in the summer by winds blowing from the sea to the land.

Humidity and rainfall – Humidity is the water vapour or moisture present in the air. Humid air cause rainfall.

Heat Zones – The Earth is divided into three climatic zones, torrid zone, frigid zone, temperate zone.

Torrid zone – Tropical zone – from Tropic of cancer to Tropic of Capricorn – hot and humid climate.

Frigid zone – between Arctic circle and North Pole – Antarctic circle and South pole – Remains cold throughout the year.

Temperate zone – Areas between torrid and frigid zone – neither too hot nor too cold.

Revision Sheet Unit – I
Lesson –2, 3, 4

Q1 Tick the right choice:

1. _____ can show plains, valleys and water bodies.
(a) maps (b) globes (c) landforms
2. Atlas is a books which contains only _____.
(a) drawings (b) graphs (c) maps
3. The longest line of latitude is called the _____.
(a) Tropic of cancer (b) Tropic of Capricorn (c) Equator
4. There are _____ meridians
(a) 90 (b) 180 (c) 360
5. The equator divides the earth into two equal-
(a) hemisphere (b) parallels (c) poles
6. We must encourage _____ programmes.
(a) deforestation (b) afforestation (c) conservation
7. Biotic resources are _____
(a) renewable (b) non – renewable (c) valuable
8. The earth is divided into _____ heat zone.
(a) two (b) three (c) four
9. High lands with flat tips are called _____.
(a) mountains (b) plateaus (c) valleys
10. Plains are also called _____.
(a) highlands (b) lowlands (c) table land

Q2 Fill in the blanks.

1. Variation in the landforms is called _____.
2. _____ deserts are at high altitude.
3. When many streams joint together, _____ is formed.
4. Full circles drawn on the surface of the globe is called _____.
5. The North pole is _____ degree north.
6. The equator divides the earth into two equal _____.

7. We must _____ valuable resources.
8. Land, water and air are _____ resources.
9. The force of falling water is used to generate _____.
10. The highest land forms of the earth are called _____.
11. Deserts are mostly located on the _____ sides of the continents.

Q3 Name them:

1. Part of a river where water flows very fast over rocks - _____
2. A hill or ridge made of sand - _____
3. Resources of the future - _____
4. Resources that can be used directly - _____
5. Network of lines on the globe - _____
6. Meridian which passes through Greenwich - _____
7. Plains are called - _____
8. First stage of river - _____

Q4 True / False correct the false statements.

1. Mountains are thickly populated.

2. The longest line of the latitude is called the equator.

3. The biotic resources are non renewable resources.

4. Deserts are land areas which support little or no vegetation.

5. The earth is divided into 5 heat zones.

Q5 Answer the following questions.

1. What are inexhaustible resources? Give example.

Ans _____

2. Why are plains thickly populated?

Ans _____

3. What is a relief?

Ans _____

4. What are lines of latitudes?

Ans _____

5. Explain the three courses of river.

Ans

6. How can we conserve our environment?

Ans

7. What is Prime Meridian and how is it used?

Ans

8. What is 'Roof of the world'? Why is it called so?

Ans

9. How does the latitude of a place influence the climate?

Ans

Lesson – 6 (Zaire – The Land of Dense Forest)

Zaire- The land of Dense forest.

The climate of Torrid or Tropical zone is hot and humid. An important country in this region is Zaire. It has been renamed as the Democratic Republic of Congo. The equator passes through it.

Neighbouring countries Zaire are- Central African Republic, Sudan, Uganda, Ruanda, Burundi, Tanzania, Zambia and Angola.

Kinshasa is the largest city of Zaire. Other big cities are Katanga, kisangani, Matadi River Congo is the second largest river and is called 'The Highway of Central Asia'

Lakes of Zaire- Albert, Edward, Kivu, Tanganyika

Zaire has hot and wet climate. Days are hot and evenings and nights are quite cool and comfortable.

Having world's largest and thickest rainforest and is also called 'heart of darkness'.

Rich in metal and mineral resources.

Large reserves of cobalt, manganese, tin and cadmium, petroleum, iron, uranium, radium coal and bauxite are there main food crops cassava, maize, rice, cocoa, coffee, tobacco, cotton, rubber and palm.

Fish is an important part of diet.

Big percent of the population is scattered in villages. Most of the inhabitants of Zaire are Bantu Negros. In the dense forests live the pygmies.

Zaire was renamed as the Democratic Republic of Congo in 1997.

A Portuguese navigator become the first European to visit Congo in 1482

Lesson – 9 (The Prairies – Treeless Grasslands)

The Prairies are wide and flat stretches of treeless grass lands that lie in the central part of North America. They extend from Canada to Mexico. The prairies are watered by the Mississippi river and its tributaries. This region is the biggest farming region of the world. It lies in the temperate zone.

Crops grown here are maize, barley, wheat, rye, cotton, oats and useful grasses.

It is called the wheat basket of the world. Chief crop of southern prairies is cotton.

Open areas used for rearing animals are called ranches.
Chicago on the lip of lake Michigan is an important center of slaughtering animals.

Mineral resources – lignite, coal and mineral oil.

Industries – oil processing and packaging industries, meat packaging and flour mills.



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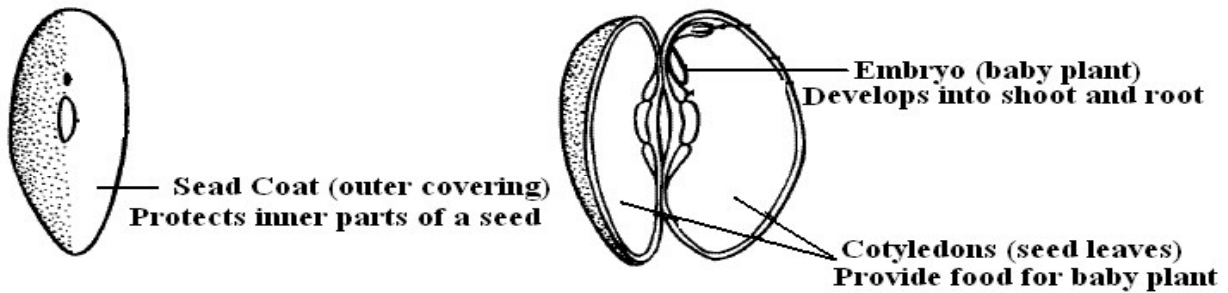
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Let's Update
Subject – G.Sc
Class – V (2020-21)

Lesson –1,2,3,4, 5 (Summary)

The seeds are obtained from flowers and fruits.

Parts of a Seed



Two cotyledons – Grams, peas and beans

One Cotyledons – Maize, wheat, rice

The small new plant is called **seedling**.

The development of a seed into a seedling is called **germination**.

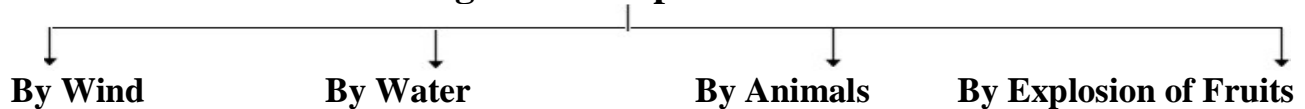
Conditions necessary for germination are – water, air, sunlight and proper temperature.

Dispersal of Seeds

The process of scattering of seeds away from the mother plant is called **dispersal**.

Seeds are dispersed to get enough light, food, water and space to grow.

Agents of Dispersal of Seeds



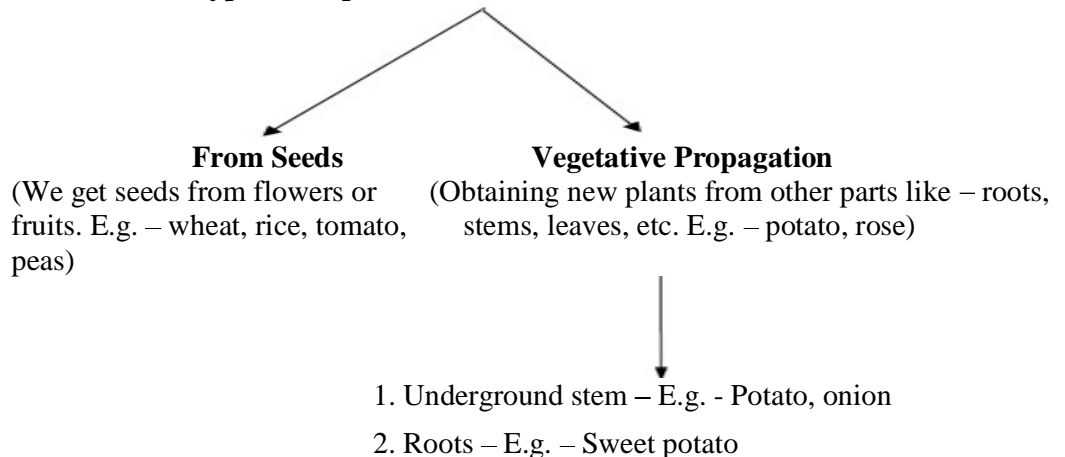
By Wind – Cotton, madar, hiptage and drumstick.

By Water – Coconut, lotus.

By Animals – Xanthium seed, spear grass, tiger nail seed

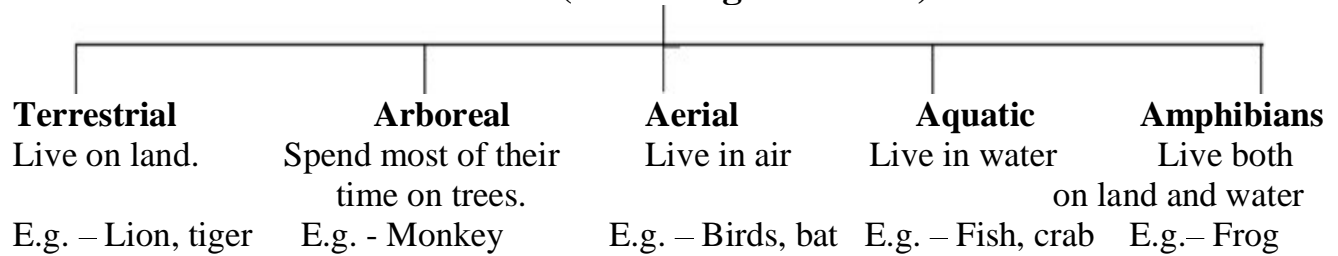
By Explosion of Fruits – Sweet pea, squirting cucumber.

Types of Reproduction in Plants



Lesson -2 Habitats of Animals

Animals (according to habitat)



Adaptation :- Process of adjustment according to environment conditions.

a) **In Colder areas** animals have thick fur, a fat layer under the skin to keep them warm.

E.g. – Polar bear.

b) **In desert** camels have thick and less hairy skin to protect themselves from heat.

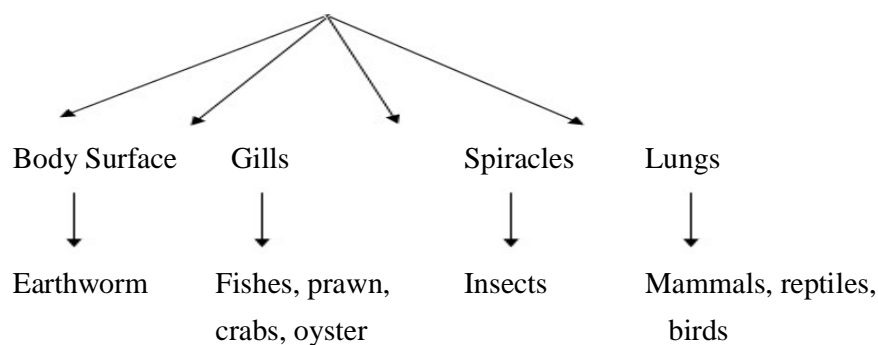
c) **Hibernation** – Winter sleep to avoid cold weather and scarcity of food. E.g. – Frog, insect, snails, reptiles, etc.

d) **Migration** – Movement of animals from one place to another

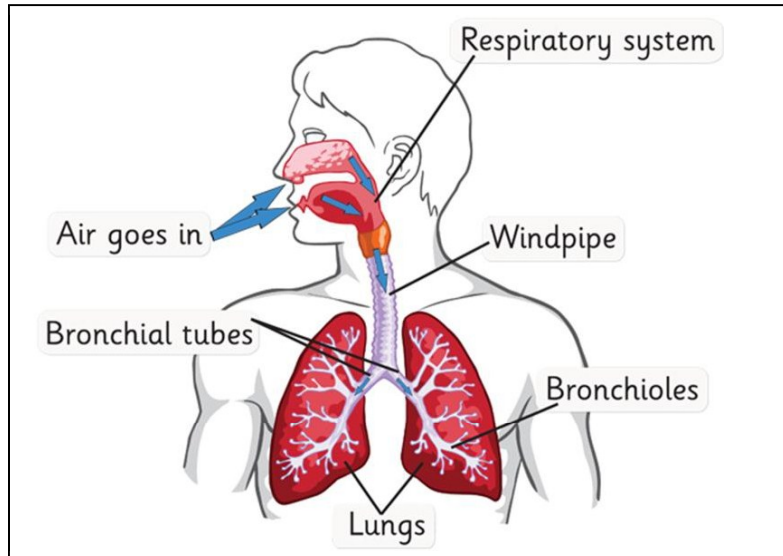
Chapter – 3 (Movements and Breathing of Animals)

1. Respiration and reproduction helps plants and animals to continue existing in the earth.
2. Terrestrial animal take oxygen from the air. Aquatic animals take oxygen from water.

3. Respiration in Animals



Lungs in humans beings



Animals move from one place to another and a safe place for their offsprings.

Animals on land and their movement

Use four limbs

Two in front (fore limbs)

Two at the back (hind limbs)

Animals in water

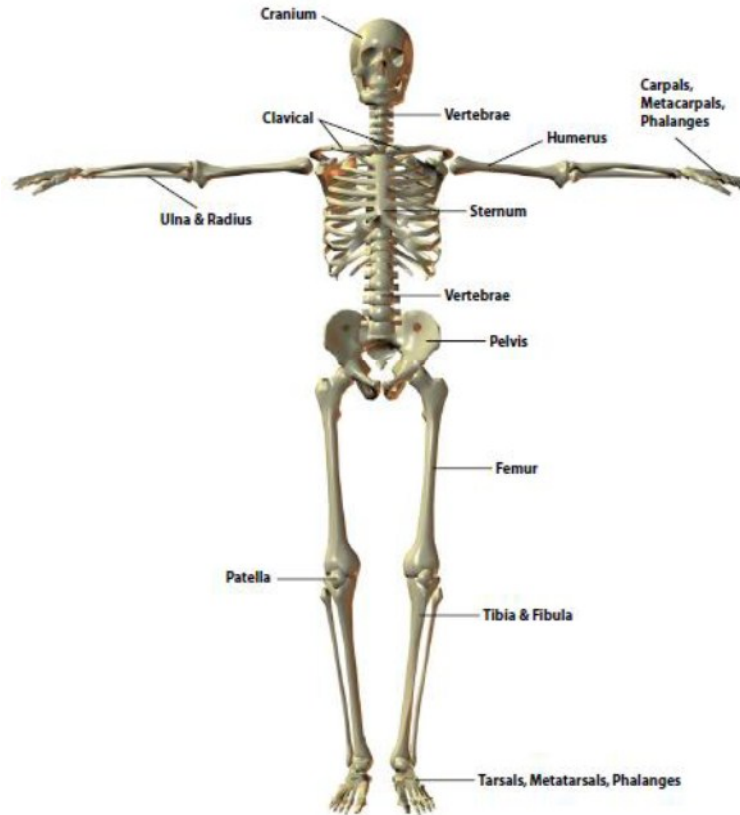
Use webbed toes (duck, frog)

Fins (fish)

Tentacles (octopus)

Padded limbs (Turtles)

Lesson - 4 Skeletal & Nervous System



A baby's body has about 300 bones at birth. These eventually fuse (grow together) to form the 206 bones that adults have. Some of a baby's bones are made entirely of a special material called **cartilage** (say: KAR-tel-ij). Other bones in a baby are partly made of cartilage. This cartilage is soft and flexible. During childhood, as you are growing, the cartilage grows and is slowly replaced by bone, with help from calcium.

The **SKELETON** has **206 bones**. The major skeletal regions are:

• SKULL:

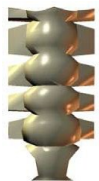


(a) Made up of 8 flat cranial (skull) bones to protect the brain.

(b) 14 different bones of the face to protect the eyes, ears, nose, etc.

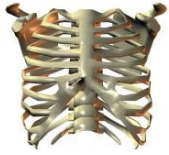
The ear has the smallest bones in the body, the auditory ossicles.

SPINE



Consists of a column of 33 bones supporting the body and protecting the spinal cord the extension of the brain.

• **RIBS & STERNUM (BREASTBONE):**



25 bones (12 pairs of ribs, 2 are floating ribs. The large bone in front is the sternum)

PELVIS (HIP BONES),



Holds the legs with the help strong joints. Protects the kidneys and the urinary bladder.

LEGS, and FEET: 62 bones.



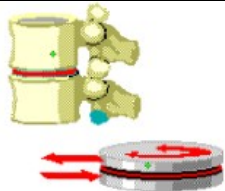
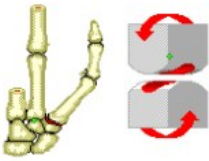
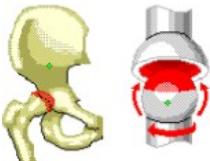
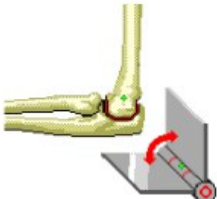
The longest bone in the body is the **FEMUR** (thigh bone)



Functions of the skeleton:

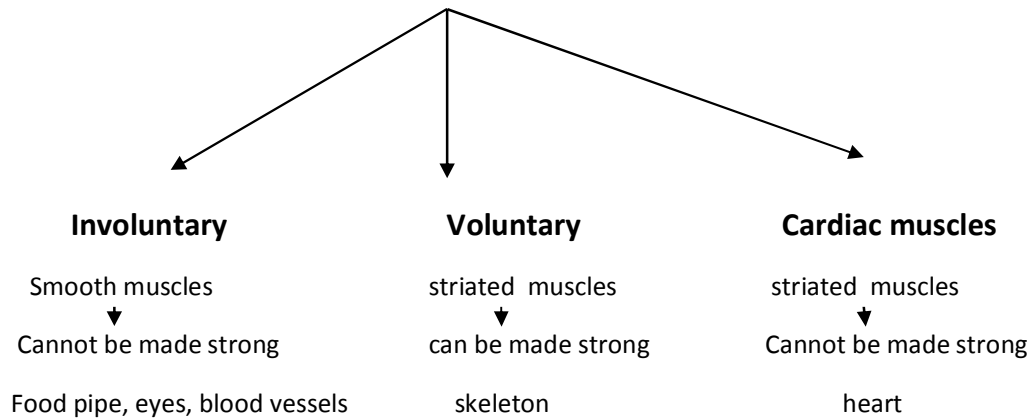
Functions of the Skeleton:	Description:	What Bones are Involved:
Support for the body	A strong framework enables the body to stand erect and anchors muscles and organs.	Spine, hip bones
Protects the body's internal organs	Bone hardness helps protect organs from injury.	Ribs: heart, lungs, kidneys and liver Spine: spinal cord Hip bones: bladder Skull: brain
Movement of the body	Muscles cross over joints and attach to bones. When the muscles contract, the joints move.	Most bones in the body move, if only slightly. Example: The muscles that attach to the thigh bone and shin bone helps the knee move and that allows us to walk and run.
Storage of minerals and fat	Calcium, magnesium, phosphorous and sodium are stored in the bones.	All bones
Red blood cell formation	The red marrow found in the internal cavity of some bones is responsible for making red blood cells.	Primarily, though not exclusively, located in the long bones, such as the arm bones, thigh and shin bones.

Joints and their functions:-

S. No	Kind of movement	Description	Example	Picture
1	Gliding Joint	Movement between two bones allowing only gliding between them.	Movement between the vertebrae, wrist, ankles.	
2	Pivot joint	One bone joint rotates around another bone	Movement of the head looking side to side	
3	Ball and socket joint	End of one bone has a ball shape to fit in to the other bone that has a rounded hollow in it that looks like a cup.	Omni – directional movement. Enables the movement of the arm and legs in full a full circle.	
4	Hinge joint	The end of one bone is rounded and fits in to a depression in the other bone.	Movement is in one direction. The bones move together(closing the door) and move apart(opening the door.)	

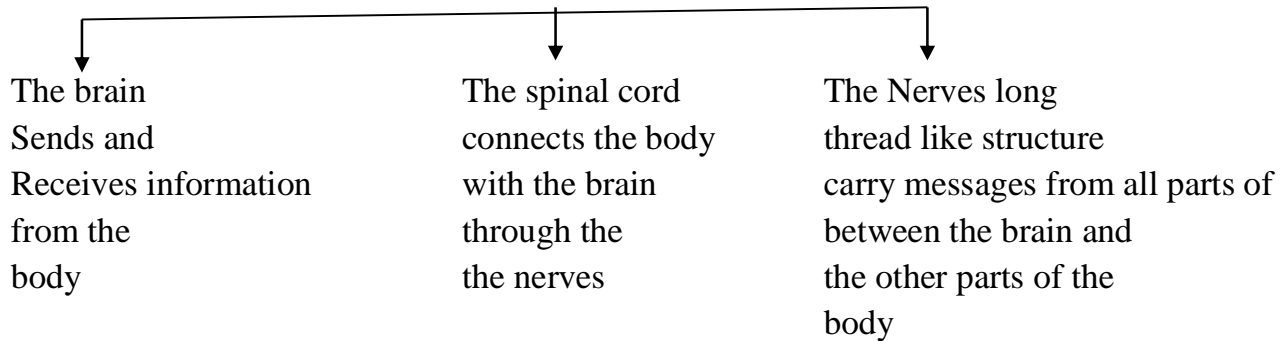
Muscular System

The muscular system is responsible for the movement of the human body. Attached to the bones of the skeletal system are about 700 named muscles that make up roughly half of a person's body weight.



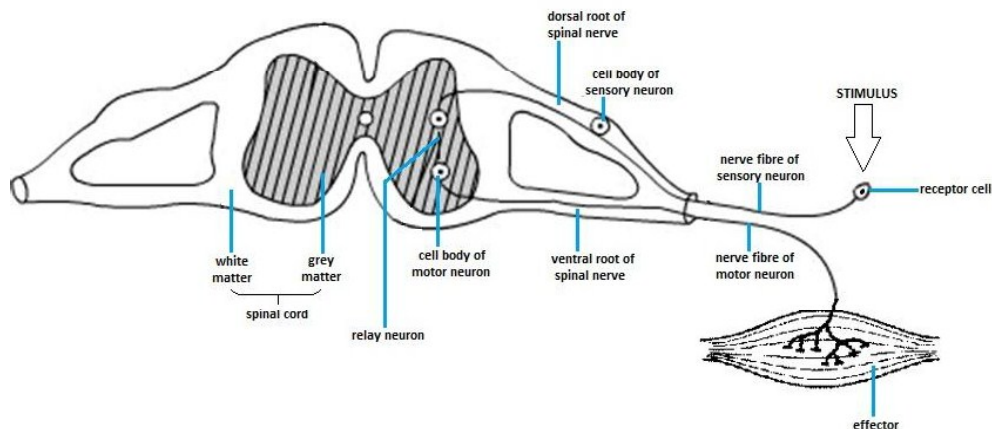
Nervous System

Help all the parts of our body to Communicate with each other



Reflex Action

Automatic response, does not involve the brain controlled by the spinal cord. Sense Organs- Eyes, Ears, Nose, tongue, Skin.



The Reflex Action

Lesson - 5 Health & Hygiene

1. The materials needed by the body for healthy growth are called nutrients.
2. A diet which contains all the nutrients needed by the body in right amount is called **balanced diet**.

Nutrients	Sources	Functions
Carbohydrates	Rice, sugar, cereals, potato	Provide energy, constituents of cell membrane.
Proteins	Cheese, egg, fish, pulses, milk	Build body, helps in growth, repair damaged tissues .
Fats	Butter, ghee, cheese, nuts	Provide energy, stored in the body for further use.
Vitamins	Fresh fruits and vegetables	Protect from diseases, keeps us healthy and strong.
Minerals	Fresh fruits and vegetables	Helps in growth, build bones and teeth. Makes blood red.
Roughage	Vegetables, fruits	Helps the body in digestion.
Water		Regulates the body temperature, helps in functioning of our body system.

Deficiency diseases – caused by the lack of nutrients in our body.

Diseases

Communicable



Can be passed from one person to another

Non- communicable



Cannot be passed from one person to another

Germ causing diseases:-

Bacteria - typhoid, meningitis, tuberculosis, cholera, plague, etc.

Virus - common cold, flu, polio, chicken pox, measles, etc.

protozoa - malaria, amoebic dysentery, etc.

S.No	Method	Cause	Diseases
1	Direct contact	Touch, use of sick persons articles and clothes	Common cold, small pox, chicken pox, measles, Diseases whooping cough, ring worm.
2	Air	Cough, sneezing, spit in to the air	Cough, cold, influenza, small pox, chicken pox, measles.
3	Infected food and water	Flies transfer germs, handling food with dirty hands, unclean utensils, lack of sanitary conditions	Tuberculosis, cholera, jaundice, dysentery, food poisoning.
4	Insect bites	Mosquitoes, flies, bugs, sand flies carry germs from a sick person to a healthy person when they bite.	Malaria, plague, dengue fever, chickengunia, sleeping sickness, yellow fever
5	Carriers	People carry germs but do not suffer with the diseases	Typhoid, cholera, dysentery, small pox

Prevention of communicable diseases:-

- Homes should be airy and open to sunlight.
- Windows and doors should be fitted with nets to prevent entry of flies, mosquitoes,
- Clothes and bedding should be exposed to sunlight often.
- Do not let water stagnate near your house.
- Keep toilets and washrooms clean.
- Drink boiled and filtered water.
- Use covered dustbins.
- Keep food and water always covered.

Revision Sheet Unit-I

Lesson – 2 ,3, 4, 5

Q1. Fill in blanks.

1. _____ fight with diseases.
2. _____ helps in removal of undigested food.
3. The habitat of lion, monkey and rabbit is _____.
4. An octopus moves with its help of _____.
5. Muscles in the heart are _____.
6. _____ is the automatic response of our body.

Q2. Write True and False.

1. The ribcage protects our brain. _____
2. The ligaments are the strong tissues that hold the bones together. _____
3. The aquatic animals take in oxygen from air. _____
4. Insect have small holes on their body called trachea. _____
5. Forests are home to 80% of terrestrial animals. _____
6. Big-horn sheep are found on mountain tops. _____

Q3. MCQ.

1. Where does a walrus live _____
(a) desert (b) forest (c) polar region
2. Which of the following plants grows by the process of stem cutting?
(a) potato (b) rose (c) both a and b
3. The bones of a bird are _____ and hollow
(a) heavy (b) light (c) strong
4. A framework of bones that give shape and support to our body.
(a) skin (b) muscles (c) skeleton
5. The egg-shaped part in the brain is _____
(a) cerebellum (b) medulla (c) cerebrum
6. A tadpole breathes through its.
(a) lungs (b) skin (c) gills

Q4. Match the column A with B

	A	B
1	Coconut	migratory bird
2	Flamingo	gills
3	Guava	water
4	Fish	taste buds
5	Femur	animals
6	Tongue	longest bone

Q5. Answer the following question.

1. What are the different kinds of muscles and what are their functions?

Ans. _____

2. What are reflex actions?

Ans. _____

3. How do insects breathe?

Ans. _____

4. Snakes do not have legs then how do they move?

Ans. _____

5. Why should we exercise?

Ans. _____

6. What is a balanced diet? Name the five components of a balanced diet.

Ans. _____

7. Define – (1) Deficiency Disease - _____

(2) Hibernation - _____

8. Differentiate between.

(a) Sensory nerves/ Motor nerve

(b) movable joint / immovable joint



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