

LESSON - 7 THE SKELETAL SYSTEM

I - NAME THE FOLLOWING :-

1. A point where two separate bones meet. _____
2. The joint between two vertebrae. _____
3. A frame work of bones. _____
4. The other name for backbone. _____
5. The joint that allows movement in all directions. _____
6. The strong fibres by which the muscles are attached to the bones. _____
7. The muscles which are under our control. _____
8. The other name of thigh bone. _____
9. Tough tissues by which the bones are held together. _____
10. Two pairs of lower ribs which are not attached to the breast bone. _____

II - FILL IN THE BLANKS:

1. Muscles are made up of tough _____ tissues.
2. The _____ covers and protects the brain.
3. Muscles are attached to the bones by strong fibres called. _____
4. _____ muscles are not under our control.
5. The _____ protects the heart and the lungs.
6. In the upper arm there is a long bone called _____
7. A break in the bone is called a _____
8. The _____ protects the spinal cord.
9. The delicate spinal cord passes through the _____
10. The _____ and _____ of the muscles move bones.

III - WRITE TRUE OR FALSE

1. Muscles are attached to the bones by strong fibres called tendons. ()
2. We have one pair of limbs. ()
3. There are four types of muscles in our body. ()
4. A break in the bone is called fracture ()

5. A frame work of muscles is called skeleton. ()
6. The skull is made up of eight flat bones. ()
7. The rib cage protects the heart and the lungs. ()

Ln 8. Food and health

I.Fill in the blanks.

- 1.Beri Beri is a disease caused by the lack of vitamin_____.
- 2._____ helps us to fight diseases.
- 3._____are made of small quantities of dead or very weak germs of a particular disease.
- 4.The full form of DPT is_____
- 5._____are the smallest micro organisms.
- 6._____is the swelling of the throat gland.
- 7.Vaccination was discovered by _____.
- 8._____ is a disease caused by the deficiency of vitamin C.

II.Name the following.

- 1.Five kinds of nutrients._____,_____,_____,_____,_____
- 2.Three kinds of food groups _____,_____,_____
3. Three kinds of microbes._____,_____,_____
- 4.Two diseases that can be controlled through vaccines.
- 5.Name a disease caused caused by virus._____
- 6.A disease spread by fleas that live on rats._____
- 7.A disease caused by lack of vitamin A._____

III.Match the following.

- | | |
|-----------------|------------------------------------|
| 1.Roughage | give rest and recover the cells. |
| 2.Sleep | keeps our body fit. |
| 3.Balanced diet | keeps our body healthy. |
| 4.Excercise | helps to get rid ofundigested food |

IV. Write True or False.

1. Proteins give us energy to do work. _____
2. Lack of iodine in our food causes anaemia. _____
3. Over cooking of food destroys vitamins and other nutrients. _____
4. We should drink 8-10 glasses of water every day to keep ourselves fit and healthy. _____