



Name: _____

Roll No.: _____ Std 4 Div: _____

Date: _____

1. Choose the correct option.

- (a) Which statement is true?
- Pranayama makes our mind and body weak.
 - Pranayama strengthens the lungs, cleanses the body, and calms the mind.
 - Pranayama entertains us.
- (b) What makes one breath?
- Two inhalations and two exhalations
 - One inhalation and one exhalation
 - Two exhalations
- (c) Raman is sweating a lot and breathing heavily. Which organ system / systems are related with this?
- Excretory system
 - Skeletal system
 - Respiratory system
- (d) Which organ protects the spinal cord?
- Skull
 - Backbone
 - Urinary bladder
- (e) What should we do to take care of our respiratory system?
- We should sleep with our face covered.
 - We should exercise daily.
 - We should breathe through our mouths.

2. Name the organ systems.

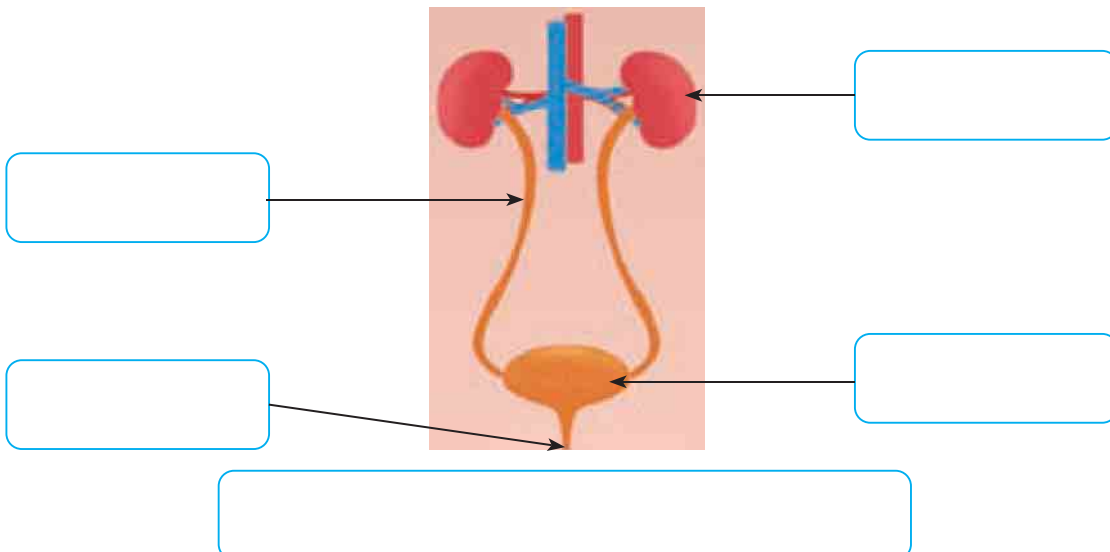


3. Match each organ system with its function.

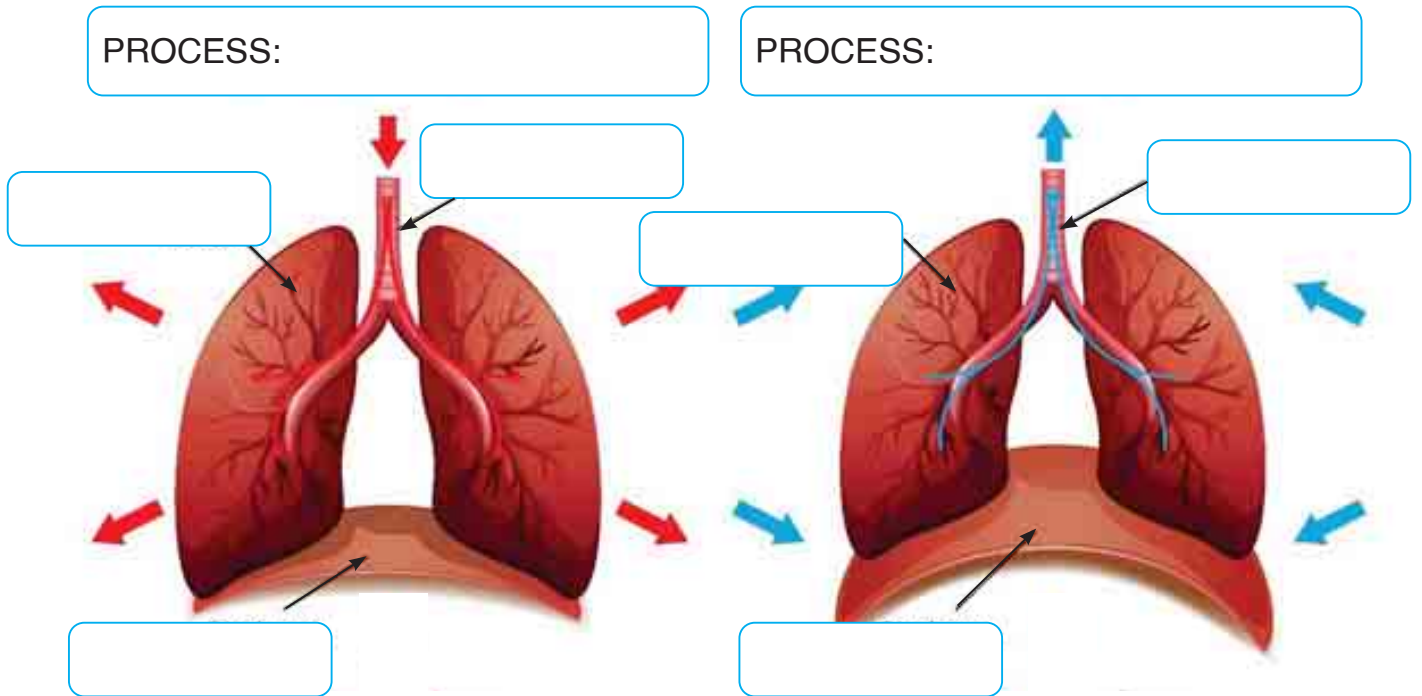
Organ System	Function
(a) Skeletal System	(i) Carries messages from the brain and the spinal cord to different body parts
(b) Circulatory System	(ii) Digests food
(c) Nervous System	(iii) Carries water, nutrients, and other necessary elements to all the body parts
(d) Digestive System	(iv) Performs breathing
(e) Respiratory System	(v) Supports the external organs and protects the internal organs

Answer: (a) – _____, (b) – _____, (c) – _____, (d) – _____, (e) – _____.

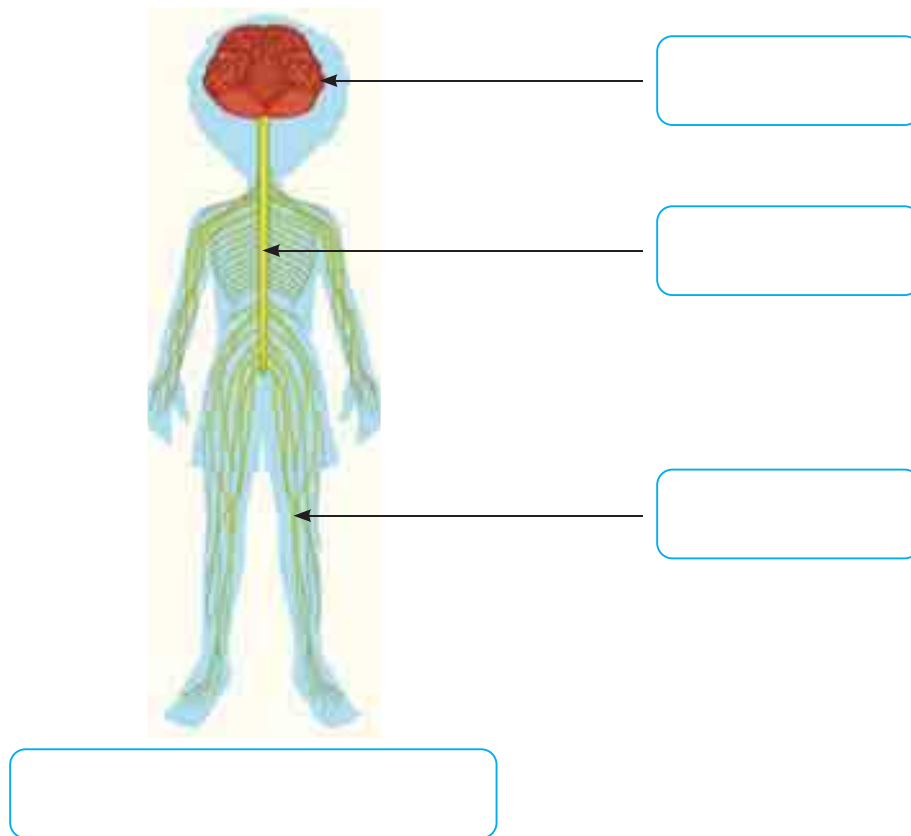
4. Name the organ system and label the organs.



5. Name the processes and label the organs correctly.



6. Name the organ system and label the organs correctly.



7. State True or False. And correctly rewrite the false statements by changing the underlined words.

(a) The kidneys, the ureters, and the urinary bladder form the nervous system.

(b) The nervous system controls our body and mind.

(c) Nerves carry messages from the lungs to the organs and vice versa.

(d) The kidneys ensure that there is a right amount of food in your body.

(e) The lungs absorb carbon dioxide from the air and remove oxygen from our body.

8. Answer the following in detail.

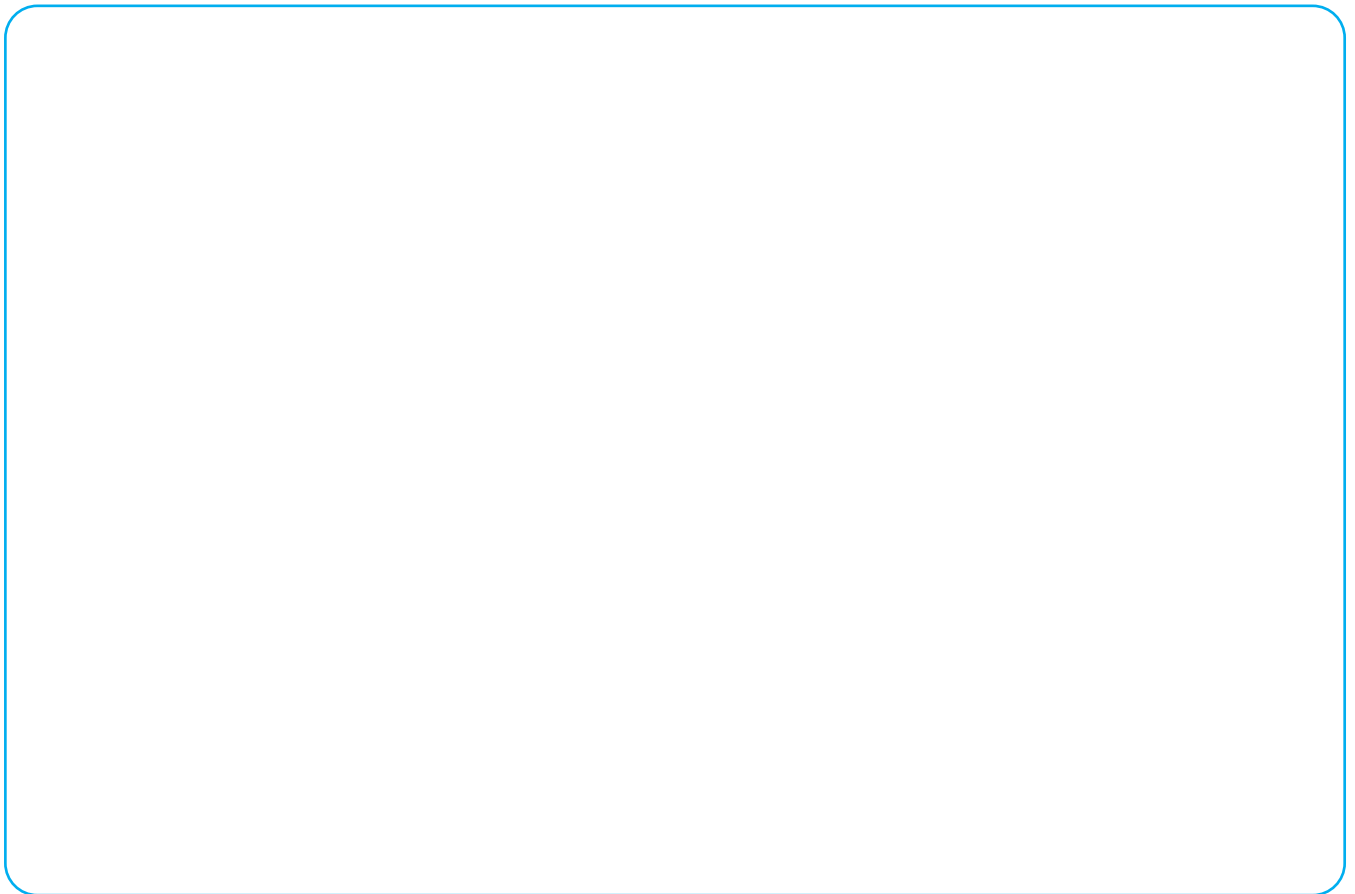
(a) Explain the processes of inhalation and exhalation.

(b) Justify the following statement: The excretory system plays a very important role in our body.

(c) Justify the following statement: The brain is the controlling organ of our body.

9. Explain the different parts of our nervous system.

10. Make a *Thank You* card for your organs and organ systems. Use your creativity to make it look beautiful.



Self-assessment

✓ the picture that shows how you worked today.

I liked doing this work.



yes



so-so



no

I found this work easy.



yes



so-so



no

Teacher's remark:

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