

UNIT 1 - My Body

Class: IV

Subject: Science

I. Pick out the odd one.

1. heart, **legs**, brain, kidney

2. eyes, ears, fingers, **lungs**

3. fore brain, mid brain, hind brain, **Nerves**

II. Complete the figure with words given in the bracket.

(Kissing on the mouth, Grand parents' love, Hitting the buttocks,

Pat of dad on head, Parent's hug and kisses, Showing awkward pictures)

Good Touch	Bad Touch
Pat of dad on head	Kissing on the mouth
Grand Parent's love	Hitting the buttocks
Parent's hug and kisses	Showing awkward pictures

III. Find the answers from the following clues and circle the words.

(First one is done for you)

i. An internal organ.

Heart

ii. Organ that helps us to breath.

Lungs

iii. An organ removing wastes from our body.

Kidney

iv. Unfair and unhealthy touch.

Bad touch

v. Every day we should drink more.

Water

IV. Say true or false.

1. Head, hand and legs are internal organs.

[FALSE]

2. Heart is made up of muscles.

[TRUE]

3. Muscles are the soft parts that cover our bones.

[TRUE]

4. Brush your teeth once a day.

[FALSE]

5. Father patting you on your head is a good touch.

[TRUE]

V. Choose the correct answer.

1. _____ is the commanding centre of our body.

a) Heart

b) Lungs

c) Kidney

d) Brain

2. Food is converted to energy in the _____.

a) Neck

b) heart

c) stomach

d) nose

3. Every day we should brush our teeth _____ times.

a) One

b) two

c) three

d) four

4. Good touch is a fair and _____ touch.

a) Unhealthy

b) bad

c) unsafe

d) healthy

5. Drink a lot of _____ every day.

a) Oil

b) water

c) packed juice

d) salt water

VI Answer the following questions in one or two sentences.

1. Name the internal organs.

- ❖ Heart,
- ❖ Brain,
- ❖ Lungs,
- ❖ Kidney,
- ❖ Liver,
- ❖ Stomach.

2. What are the functions of brain?

- i) Brain is the commanding centre of our body.
- ii) It helps us to think and perform various actions
(E. g) Moving our hands, Sitting, Walking.

3. List out the food items for healthy mouth and teeth.

- i) Take plenty of fruits, vegetables and dairy products.
- ii) Drink water (or) milk instead of sugary juices.

4. How will you take care of your heart and kidney?

Take Care for your heart = Avoid fatty food.

Take Care for your kidney = Drink more Water

5. What do you do when someone touches you and you feel uncomfortable?

- i) Say Don't touch in a loud voice
- ii) Leave the spot quickly

iii) Tell elder's (Like parent's o Teacher) till to get help.

VII. Think and Write

1. When an unknown person disturbs you, how do you behave? Write in your own words.

(i) When an unknown persons disturbs me, then instantly I tell my mom (or) dad (or) teacher (or) elders

(ii) I say don't touch in a loud voice.

(iii) Leave the spot quickley.

2. Which organ controls thinking, speaking and learning. Write its three important parts.

(i) The brain controls your ability to think, talk, feel, see, hear and remember things.

(ii) The three important parts of the brain

- Fore brain
- Mid brain
- Hind brain

Fore brain:

It is the main thinking part of the brain and controls the voluntary actions.

Mid brain:

It is associated with motor control, vision, hearing temperature regulation and alertness.

Hind brain:

It is controlling the heart rate, breathing, blood pressure, sleep and walking up function etc.


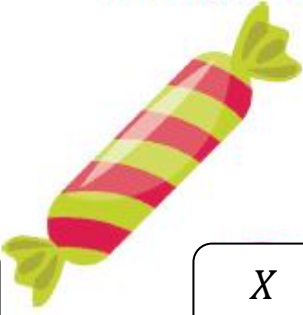










VIII. Match the following.

- | | | | |
|-------------------------|---|---------|-----|
| 1. Pair of spongy sac | - | Stomach | [2] |
| 2. 'J' shaped bag | - | Kidney | [3] |
| 3. Filters excess water | - | Brain | [4] |
| 4. Command centre | - | Heart | [5] |
| 5. Pumps blood | - | Lungs | [1] |

IX. Try to Answer

Try to Answer

Tick (✓) the foods that are good for your teeth and cross (X) the food that are bad for your teeth.

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X. Try to Answer

Look at the pictures and write 'Good Touch' or 'Bad Touch'.



Good Touch



Bad Touch



Good Touch



Good Touch



Bad Touch



Good Touch



Bad Touch



Bad Touch