

# Science

## Part 1

## Ourselves

### Unit No. 1

### The Human Body

**Q1. What are the main functions of the skeleton?**

**Ans:** Skeleton is a framework of bones that helps to:

- (a) Give support to the body. e.g. the back bone.
- (b) Frame the shape of our body.
- (c) Protect some very soft organs.e.g. the skull protects.
- (d) Move the body

**Q2. What are joints? Which two types of joint have been discussed in this unit? Where is each of them found in the body?**

**Ans:** The place in a body where two or more bones meet with the help of tissue is called joints. There are two types of joints have been discussed in this unit:

- (a) Shoulder joint
- (b) Hinge joint

The shoulder joint are found in shoulder and hinge joint are found in knee and elbow.

**Q3. Differentiate between voluntary and involuntary muscles and give an example of each.**

**Ans: Voluntary muscles:** Skeletal muscles are also called voluntary muscles. This means that they move when you want e.g walk, talk, eat etc.

**Involuntary muscles:** Smooth muscles are also called involuntary muscles. This mean that they perform their jobs without your thinking e.g blood pressure, heart attack etc.

**Q4. How many types of muscles are there? Describe each of them with an example?**

**Ans:** There are three different types of muscle:

**Smooth muscles:** Smooth muscles make up the internal hollow organs of our body e.g the stomach, intestine etc.

**Cardiac muscles:** The muscles which make up the heart are the cardiac muscles e.g heart etc.

**Skeletal muscles:** Skeletal muscles are joined to the bones by tendons e.g sheets of tissues etc.

**Q5. Suggest any two ways to take good care of muscles and bones.**

**Ans:** We can keep your muscles and bones strong by doing:

- (a) Plenty of exercise
- (b) eating the right kinds of foods



## Unit No. 2

### Food and a Balanced Diet

**Q1. Why do we need food?**

**Ans:** We need food because it gives us the energy to work and play.

**Q2. What do proteins do for the body?**

**Ans:** The proteins give us energy and are body building foods that make us grow.

**Q3. How do dietary fibres help in-digestion?**

**Ans:** It helps to move the waste through the digestive system

**Q4. What do we mean by a balance diet?**

**Ans:** A balance diet means eating the right variety of foods in the right amounts.

**Q5. How much water is needed by the body every day?**

**Ans:** At least six to eight glass water is needed by the body every day.

## Unit No. 3

### Digestion

**Q1. Name four types of teeth.**

**Ans:** four types of teeth are:

(i) incisors (ii) canine (iii) molars (iv) premolars

**Q2. What is saliva? How does it help digestion?**

**Ans:** Water liquid is called saliva. Saliva softens the food that help in digestion.

**Q3. What does the liver do?**

**Ans:** It helps to filter the blood and it stores food energy.

**Q4. What are the intestines?**

**Ans:** The lower part of the alimentary canal from the end of the stomach to the anus is called intestine.

**Q5. What is bile? Where in the body is it produced and stored?**

**Ans:** Liver produces a digestive juice called bile. It is produced into part of the small intestine and stored in the gall bladder.

## Part 2

## Living Things

### Unit No. 4

### Characteristics of Living Things

**Q1. What is the function of a vacuole?**

**Ans:** The function of a vacuole is to store food, water and waste substances.

**Q2. Do plants respire?**

**Ans:** Yes all plants respire.



**Q3. Where do animals get their energy from?**

**Ans:** Animals get their energy by eating different plants and other animals.

**Q4. How long does it take a newborn calf to get up and walk?**

**Ans:** Usually, a calf get up and walks in thirty minutes after it has been born.

**Note:** Science work given above will be done as it is on Science school copy. (learn also)

**نوٹ:** سائنس کا کام سکول کی کاپی پر لکھنا اور یاد کرنا ہے۔

