

Class:IV L-3 Taking care of your self (worksheet)

Name _____ **Sec** _____ **R.No** _____

I. Fill in the blanks

1. The energy we need to work and play comes from _____.
2. About three-fourths of our body is filled with _____.
3. The muscles of our body are attached to _____.
4. Germs called _____ grow on the food sticking to your teeth.
5. We should not _____ our eyes when something enters them.

II. Answer the following in one or two words.

1. What do you call the holes in your teeth?

Ans. _____.

2. How should we clean our ears?

Ans. _____.

3. What do the muscles do to move our arms up and down?

Ans. _____.

4. Name a function carried up by brain when you sleep?

Ans. _____.

III. Write True or False against the following statements.

1. It is correct to read in dim light or while lying down. ()
2. Germs like dirty and sweaty feet. ()
3. Our body does not need water to carry digestion. ()

4. Our brain does not work when we sleep. ()

5. Germs can cause bad smell, rashes, pimples and dandruff. ()

IV. Answer the following questions.

1. Exercise make your muscle strong .

Ans. _____

2. Ravi got cavities in his teeth which are very painful and puffy. How did he develop cavities and what should he do to protect his teeth from it?

Ans. _____

