



CLASS-V (A+B+C+D)

SUBJECT → Science

Chapter 1 - Circulatory System

Exercises (Answers)

A. Tick (✓) the correct option :-

1. iii. Capillaries 2. (i) Platelets 3. (ii) Heart 4. (iii) Yoga and exercise
5. (i) Red Blood cells.

B. Fill in the blanks :-

1. Fist 2. Arteries 3. Pulmonary vein 4. Capillaries
5. junk, fried.

C. Write 'T' for True and 'F' for False :-

1. F 2. T 3. T 4. F 5. F

D. Match the following :-

- | | |
|----------------|------------------------------|
| 1. Artery | v. carries oxygen-rich blood |
| 2. Atricle | iv. upper chamber of heart |
| 3. Vein | i. carries impure blood |
| 4. Capillaries | ii. thinnest blood vessels |
| 5. Ventricle | iii. lower chamber of heart |

E. Name them :-

1. Ribcage 2. heartbeat 3. White Blood Cells 4. Aorta
5. Valves.

F. Answer the following questions :-

Ans. 1. The circulatory system helps in transporting different substances such as nutrients, water, oxygen inside our body and also removes waste gases from the body taking help of blood.

The main organs of circulatory system are :-

- (a) Heart (b) Blood (c) Blood Vessels

Ans 2. There are three types of blood vessels. These are as follows:-

- (a) Arteries
- (b) Veins
- (c) Capillaries

Ans 3. The structure of heart -

The human heart has four chambers - Two upper chambers called auricles or atrium and two lower chambers called ventricles.

The auricles are smaller than the ventricles. Auricles receive blood from the body while ventricles pump blood throughout the body.

The heart is divided lengthwise into two parts by a muscular wall. Each half comprises of an auricle and a ventricle separated by a valve. Diagram → From book.

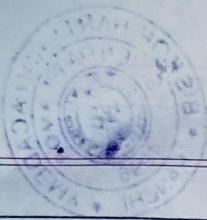
Ans 4. The functions of blood in human body are :- (Any three point)

- (i) Blood helps in transporting oxygen and carbon-dioxide throughout the body.
- (ii) White blood cells present in blood help to fight against germs and protect the body from infections.
- (iii) It carries the nutrients absorbed by the digestive system to different parts of the body.
- (iv) It carries away the waste produced by different parts of the body for excretion.
- (v) It helps in maintaining the temperature of the body.

Ans 5. Difference between arteries and veins are -

Arteries	Veins
1. Carry oxygenated blood.	1. Carry de-oxygenated blood.
2. Walls are thick.	2. Walls are thin.
3. Carry blood away from the heart.	3. Bring blood into the heart.
4. Blood flows under high pressure.	4. Blood flows under low pressure.

- Ans 6. Ways to keep the heart healthy and strong are:-
- (i) Do activities like yoga, jogging, cycling, swimming or play any outdoor games.
 - (ii) Eat healthy balanced diet rich in iron and Calcium
 - (iii) We should avoid junk and fried food.
 - (iv) We should stay away from polluted surroundings.
 - (v) We should stay happy and relaxed.



QUESTIONNAIRE

I. Fill in the blanks :-

1. _____ connect the arteries to the veins.
2. _____ have thick elastic walls.
3. We should avoid _____ and _____ food.
4. _____ helps in maintaining the temperature of the body.
5. The _____ is the largest artery in the human body.
6. _____ helps in the clotting of blood.
7. The _____ is the key organ in the circulatory system.
8. Three types of cells found in blood _____ and _____
9. _____ carries impure blood
10. The structure which protects the heart _____

II. Answer the following questions in short :-

1. What is circulatory system?
2. Write three organs of circulatory system.
3. Define heartbeat.
4. Name three blood vessels.

III. Give long answers for the following questions :-

1. Explain the structure of heart with the help of diagram.
2. Write the functions of blood in human body.
3. Write the difference between arteries and veins.
4. State some ways to keep the heart healthy and strong.

— X —

NOTE :-

Science Portion for 1st Unit Test - Class V (A+B+C+D)

Chapter → 1, 2