

Chapter 1 and Chapter 2

Worksheet – I

Fill in the blanks: -

1. _____ is as harmful as eating.
2. Substances derived from food that helps the human body to grow are called _____.
3. _____ is a source of energy.
4. _____ are the building structures of our body.
5. Carbohydrates and fats provide _____ to our body.
6. One of the guides to having a balanced diet is the _____.
7. _____ is the important meal of the day.
8. _____ is an unhealthy food.
9. Fruits and vegetables contain _____.
10. We should drink at least _____ glasses of water every day.
11. A diet containing all the five types of nutrients in right proportion is called _____.
12. We should avoid eating food items prepared at _____ and _____.
13. _____ is an excellent source of _____.
14. If we skip meals, we become _____ and _____.
15. _____ are living and growing tissues made up of three layers.
16. The third layer of bones is _____ which produces red blood cells.

17. There are _____ bones in an adult human body.
18. The largest bone in the human body is _____.
19. The smallest bone in the human body is _____ and it is found in the internal ear.
20. _____ has twenty two bones.
21. _____ predicts the brain and contains eight bones.
22. The _____ is the flexible column extending from the neck to the end of the backbone.
23. The thirty three small bones that are joined to form the backbone are called _____.
24. _____ protects the heart.
25. The rib cage is made up of _____ pairs of rib bones.
26. _____ helps to hold the joints together.
27. The point at which two bones meet is called a _____.
28. _____ is a set of flexible and fibrous tissue that helps to hold the joint together.
29. Muscles are soft, fleshy tissues attached to the bones by a kind of flexible inelastic tissue called _____.
30. _____ joint allows movement in one direction.
31. The joint found in head and neck is _____ joint.
32. _____ joint allows movement in all direction.
33. The joint found in elbows, knees, etc is _____.

34. _____ muscles can be controlled by us according to our free will.
35. _____ muscles are found in the heart.
36. _____ muscles are found on the walls of the internal organs like uterus and digestive track.
37. _____ are thin, flat and curved bones.
38. Heart and lungs are located in _____.
39. The function of muscles is to produce _____ and motion.
40. Bones are made up of a protein called _____.