

Science.

05.05.21

Ch. 1 - The Circulatory System.

Short answer questions.

Ques 1. What is an organ system? Give example.

Ans. 1. A group of organs working together to perform a particular function is called an organ system.
For example:- Digestive system, Circulatory system etc.

Ques 2. Define heart. Also give its location in the body.

Ans. 2. The heart is a muscular organ that pumps blood to all parts of our body. It is located between the lungs, slightly to the left of the middle of the chest.

Ques 3. Where can we feel the movement of our heartbeat in the body?

Ans. 3. We can feel the rhythmic movement that the heart makes at different places on our body, such as the wrist or the neck.

Ques 4 Why should we eat less of junk food?

Ans 4 We should eat less junk food as it is bad for the heart and we put on weight.

Ques 5 Name the parts of the circulatory system.

Ans 5 The circulatory system is made up of :-

- (i) Heart
- (ii) Blood
- (iii) Blood Vessels.

Ques 6 List any two ways in which you can keep your heart healthy.

Ans 6 We can keep our heart healthy by :-

- (i) Exercising for at least 30 minutes every day.
Try to exercise in the morning.
- (ii) Always eat a balanced diet.

Ques 7 Draw a neatly labelled diagram of the human heart. See (Pg. No. 15).

Questions

Choose the correct option to fill in the blank.

1. The circulatory system is the name of an (organ/organ system).
2. The circulatory system removes the waste gas (oxygen/carbon dioxide) from the body through blood.
3. The upper chambers of the heart are called (auricles/ventricles).
4. Yoga increases (sleep/concentration).
5. The (RBCs/WBCs) in blood protect the body against infections.



Exercises

SECTION I

A. Choose the correct option.

- The group of organs working together to perform a particular function is called
a. a cell system
 an organ system
b. a tissue system
c. None of these
- The circulatory system helps in transportation of
a. oxygen
b. nutrients
c. water
 All of these
- This is not a blood vessel.
 Atria
b. Capillaries
c. Arteries
d. Veins
- To keep the heart healthy and strong, we should
a. eat a balanced diet
b. exercise
c. practice yoga
 All of these
- The largest artery is
a. superior vena cava
 aorta
c. arterioles
d. None of the

B. Choose the correct option to fill in the blank.

- The heart is a (muscular/non-muscular) organ that pumps blood to all parts of the body.
- The lower chambers of the heart are called (ventricles/chambers)
- We should walk for at least half (a minute/an hour) to keep our heart healthy.



4. The (RBCs/WBCs) protect the body from infectious diseases.
5. The (veins/capillaries) are the thinnest blood vessels.

Name the following.

1. The pumping organ that pumps blood to all parts of the body.

Heart

2. The rhythmic movement that the heart makes while pumping the blood.

Heart beat

3. The upper chambers of the heart.

Atrium

4. The names of two yoga exercises.

(You may name any two) Tadasana and Dhanurasana