

11.5.2021

St. Joseph's College Nainital
Science Assignment. Class 5A+5B.
Ch 2. The Skeletal System.

Ques 1. Name the minerals present in our bones.

Ans 1. The minerals present in our bones are calcium and phosphorus.

Ques 2. Define skeleton. Also mention its role.

Ans 2. The rigid framework of bones is called a skeleton. It supports the body, gives it a definite shape. It also helps us to move around, bend and protects the delicate organs of our body.

Ques 3. What is the function of a ribcage?

Ans 3. The ribcage protects the delicate organs such as the heart and the lungs.

Ques 4. What is a vertebra? Where is it present?

Ans. 4. The backbone, which is also known as the vertebral column or spine, is made up of 33 small, ring-like bones. The individual small bones are called vertebra.

Ques 5. Name the major bones present in our body.

Ans 5. Major bones present in our body are the skull, backbone, ribcage, limbs, jawbone and girdle bones.

Ques 6. What are the major functions of bones in our body?

Ans 6. The major functions of bones in our body are :-

- 1) Bones give shape and support to the body.
- 2) It protects the delicate internal organs like brain, spinal cord, heart and lungs.
- 3) It allows the movement of the various parts of the body.
- 4) Bone marrow present inside the bones produce the red blood cells. The bones also store calcium.

12.05.2021

St. Joseph's College, Nainital.
Science Assignment for 5A and 5B
Skeletal System (Part 2).

Answer the following questions.

Ques 1. What is a joint?

Ans 1. A joint is a place in the skeleton where two or more bones join.

Ques 2. What do you understand by cartilage? Also, write its function.

Ans 2. Cartilage is a strong, elastic, yellowish or white-coloured substance present around the joints. Cartilage can bend. Our nose and ears have cartilage. The cartilage protects the bones from getting damaged.

Ques 3. What are voluntary muscles?

Ans 3. Voluntary muscles are those muscles whose movement can be controlled by us.
Eg. Muscles in the arms legs hands and feet.

Ques 4. What are involuntary muscles?

Ans 4. Involuntary muscles work on their own and their movement cannot be controlled by us. Eg - Muscles of stomach and heart.

Ques 5. Name the various type of joints.

Ans 5. Joints are of two types movable and immovable. All joints except in the skull are movable.

Types of movable joints -

1. Ball and socket joint eg - shoulder and hip joint.
2. Hinge joint eg - knee, elbow, fingers and toes.
3. Pivot joint eg - found between first and second vertebra of the neck region.
4. Sliding joint eg - wrist, ankle.

Ques 5. Why do young children need a protein rich diet?

Ans 5. Young children need a greater protein rich diet to help in their growth and development.

Q7. Why is good posture and exercise important for us?

Ans. It is important to keep our backs straight while sitting or standing. A bent back puts burden on the backbone and joints. This may lead to joint and muscle pain. Regular exercise keeps the bones, joints and muscles strong and healthy.

Q8. Write the name of the joints present in the following parts of the body. (1 is done for you)

1. Ankles — gliding joints
2. Knees —
3. Shoulder —
4. Elbow —
5. Hip —

Note: - Do the exercises given in pg. No. 31 and exercises A, B and ~~D~~ given in pg. No. 32 and 33.

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