

Human Body and Health

Science · Class 3 · Topic-wise Practice Worksheet

TIME 40 minutes	QUESTIONS 15	TOTAL MARKS 21	MAX. SCORE ___ / 21
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Name: _____ Class/Sec: _____ Date: _____

INSTRUCTIONS

- There are **15 questions** in this worksheet. All questions are compulsory.
- Each question has four options (A), (B), (C) and (D). Exactly **one** option is correct.
- Questions 1–12 carry **1 mark** each. Questions 13–15 (Achievers Section) carry **3 marks** each.
- There is no negative marking. Study every diagram and table carefully.

Section A — Scientific Reasoning

Q1–Q8 · 1 mark each

- The framework of bones in our body is called the _____.
 (A) Muscle (B) Nerve
 (C) Joint (D) Skeleton
- Which organ is protected by the rib cage?
 (A) Heart and lungs (B) Brain
 (C) Kidneys (D) Liver only
- The joint at the shoulder, which allows movement in all directions, is a _____ joint.
 (A) Hinge (B) Fixed
 (C) Ball and socket (D) Pivot
- Which teeth are used to grind and chew food?
 (A) Incisors (B) Canines
 (C) Milk teeth (D) Molars
- Digestion of food begins in the _____.
 (A) Mouth (B) Stomach
 (C) Small intestine (D) Liver
- Which organ removes waste from the blood and makes urine?
 (A) Heart (B) Kidney
 (C) Lungs (D) Skin
- A shortage of vitamin C in the diet causes _____.
 (A) Rickets (B) Night blindness
 (C) Scurvy (D) Goitre
- Which of these is an **involuntary** action?
 (A) Writing (B) Kicking a ball
 (C) Reading a book (D) Beating of the heart

9. In the table below, which row is **incorrectly** matched?

Row	Organ	Its job
(A)	Heart	Pumps blood
(B)	Lungs	Take in oxygen
(C)	Brain	Digests food
(D)	Skin	Protects the body

Table 9.1 — Organs and their jobs

- (A) Row (A) (B) Row (B)
(C) Row (C) (D) Row (D)
10. A child eats only rice, chapati and potatoes and no dal, milk or vegetables. Which problem is he most likely to face?
- (A) He will grow too fast (B) He will not grow well, as his diet lacks body-building and protective foods
(C) He will have too much energy (D) Nothing will happen
11. Why should we cover our mouth and nose when we cough or sneeze?
- (A) To stop germs from spreading to other people through the air (B) To keep our face warm
(C) To breathe more easily (D) To make less noise
12. Why do we feel out of breath after running fast?
- (A) Because the lungs shrink (B) Because the body needs more oxygen and breathes faster to get it
(C) Because the heart stops (D) Because the air becomes thin

Achievers Section

Q13–Q15 · 3 marks each

13. Consider the following statements.
- (i) Muscles work by pulling on bones, never by pushing them.
(ii) The windpipe carries food to the stomach.
(iii) Exercise makes muscles and bones stronger.
Which of the statements is/are correct?
- (A) (i) and (ii) only (B) (i) and (iii) only
(C) (ii) and (iii) only (D) All three
14. Arrange the following in the order in which food passes through the body.
- (i) Stomach (ii) Mouth (iii) Small intestine (iv) Food pipe
- (A) (ii) → (iv) → (i) → (iii) (B) (ii) → (i) → (iv) → (iii)
(C) (iv) → (ii) → (i) → (iii) (D) (ii) → (iii) → (i) → (iv)

15. Match each nutrient in Column I with the food that is rich in it, given in Column II.

Column I	Column II
(P) Protein	(1) Rice
(Q) Carbohydrate	(2) Butter
(R) Fat	(3) Pulses and eggs
(S) Vitamin C	(4) Orange

Table 15.1

(A) P-3, Q-2, R-1, S-4

(C) P-3, Q-1, R-2, S-4

(B) P-1, Q-3, R-4, S-2

(D) P-4, Q-1, R-2, S-3

Answer Key

1	D	2	A	3	C	4	D	5	A
6	B	7	C	8	D	9	C	10	B
11	A	12	B	13	B	14	A	15	C

Solutions

1. Answer: (D) Skeleton

The **skeleton** is the frame of 206 bones that gives the body its shape, supports it and protects the delicate organs inside.

2. Answer: (A) Heart and lungs

The ribs curve round from the backbone to the breastbone to form a cage that shields the **heart and lungs**.

3. Answer: (C) Ball and socket

In a **ball and socket** joint, the round head of one bone sits in a cup-shaped hollow of another, so the arm can swing in every direction.

4. Answer: (D) Molars

Molars are the broad, flat teeth at the back of the mouth, and they grind food into a paste. Incisors cut and canines tear.

5. Answer: (A) Mouth

Digestion starts in the **mouth**. The teeth break the food into small pieces and saliva begins to break down the starch in it.

6. Answer: (B) Kidney

The **kidneys** filter the blood, keeping what the body needs and passing the waste out as urine.

7. Answer: (C) Scurvy

Too little vitamin C causes **scurvy**, whose signs are swollen bleeding gums and slow healing of wounds. Oranges, lemons and amla are rich in vitamin C.

8. Answer: (D) Beating of the heart

An involuntary action happens without our deciding it and continues even while we sleep. The **beating of the heart** is one, and so are breathing and digestion.

9. Answer: (C) Row (C)

The brain **controls the body and helps us think** — it does not digest food. Digestion happens in the stomach and small intestine. The other three rows are correct.

10. Answer: (B) He will not grow well, as his diet lacks body-building and protective foods

Rice, chapati and potato are all energy-giving foods. Without dal, milk, eggs or vegetables he gets very little protein, vitamins or minerals, so **he will not grow well** and may fall ill easily.

11. Answer: (A) To stop germs from spreading to other people through the air

A cough or sneeze throws out thousands of tiny droplets carrying germs. Covering the mouth and nose **stops those germs spreading to other people through the air**.

12. Answer: (B) Because the body needs more oxygen and breathes faster to get it

Running makes the muscles work hard and use up oxygen quickly. So **the body needs more oxygen and breathes faster to get it**, and the heart also beats faster to carry that oxygen to the muscles.

13. Answer: (B) (i) and (iii) only

Statement (i) is true — this is why muscles are arranged in pairs that pull in opposite directions. Statement (ii) is false; the windpipe carries **air** to the lungs, while the food pipe carries food to the stomach. Statement (iii) is true. Hence **(i) and (iii)**.

14. Answer: (A) (ii) → (iv) → (i) → (iii)

Food is chewed in the **mouth**, travels down the **food pipe**, is churned in the **stomach**, and is finally digested and absorbed in the **small intestine**.

15. Answer: (C) P-3, Q-1, R-2, S-4

Pulses and eggs are rich in **protein** (3). Rice is rich in **carbohydrate** (1). Butter is almost pure **fat** (2). An orange is rich in **vitamin C** (4). Hence P-3, Q-1, R-2, S-4.