

International Indian School, Jeddah

Class:IV L-3 Taking care of your self ( worksheet)

Name \_\_\_\_\_ Sec \_\_\_\_\_ R.No \_\_\_\_\_

**I. Fill in the blanks**

1. The energy we need to work and play comes from \_\_\_\_\_.
2. About three-fourths of our body is filled with \_\_\_\_\_.
3. The muscles of our body are attached to \_\_\_\_\_.
4. Germs called \_\_\_\_\_ grow on the food sticking to your teeth.
5. We should not \_\_\_\_\_ our eyes when something enters them.

**II. Answer the following in one or two words.**

1. What do you call the holes in your teeth?

Ans. \_\_\_\_\_.

2. How should we clean our ears?

Ans. \_\_\_\_\_.

3. What do the muscles do to move our arms up and down?

Ans. \_\_\_\_\_.

4. Name a function carried up by brain when you sleep?

Ans. \_\_\_\_\_.

**III. Write True or False against the following statements.**

1. It is correct to read in dim light or while lying down. ( )
2. Germs like dirty and sweaty feet. ( )
3. Our body does not need water to carry digestion. ( )

4. Our brain does not work when we sleep. ( )

5. Germs can cause bad smell, rashes, pimples and dandruff. ( )

**IV. Answer the following questions.**

1. Exercise make your muscle strong .

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Ravi got cavities in his teeth which are very painful and puffy. How did he develop cavities and what should he do to protect his teeth from it?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_