

**INTERNATIONAL INDIAN SCHOOL BURAI DAH**  
**WORKSHEET FOR THE ACADEMIC YEAR (2024-2025)**  
**CLASS - 4<sup>TH</sup> SUBJECT ENVIRONMENTAL STUDIES**

**LESSON – 1 PARTS OF OUR BODY**

**I. FILL IN THE BLANKS**

1. The upper left and right chambers of our heart are called \_\_\_\_\_
2. Gel like formation of blood that prevent bleeding is called \_\_\_\_\_.
3. The \_\_\_\_\_ is the largest gland in human body.
4. The lower left and right chambers of our heart are called \_\_\_\_\_.
5. When we swallow our food it moves to our stomach through food pipe which is also called \_\_\_\_\_
6. A healthy human heart beats around \_\_\_\_\_ times in a minute.

**II. GIVE REASONS FOR THE FOLLOWING.**

1. Human heart is one of the vital organs of our body.
2. Kidneys cleanse our body.
3. Lungs play a very important role in our breathing.
4. We must not eat junk food.

**III. NAME THE FOLLOWING**

1. The internal organ of our body which helps in digestion of fats \_\_\_\_\_
2. Doctors who specialize in treating heart diseases \_\_\_\_\_
3. The organs which help us in breathing \_\_\_\_\_
4. The organs which control all the functions of our body \_\_\_\_\_
5. A system that removes waste materials from our body \_\_\_\_\_

**IV. WRITE TRUE OR FALSE**

1. Human heart has two chambers (       )
2. The lungs contract when we take in oxygen (       )
3. The filtration of blood in our body takes place in heart (       )

4. The lungs expand when we exhale carbon dioxide ( )
5. The vein appear blue in colour and have thick walls. ( )
6. The parts that are visible outside like hands ,legs, eyes, ears etc. are called external organs ( )

## LESSON – 2 HEALTH AND SAFETY

### I. FILL IN THE BLANKS

1. The immediate help given to an injured person is called \_\_\_\_\_.
2. We should never touch an electric appliance with \_\_\_\_\_ hands.
3. Vegetables and fruits must be washed before \_\_\_\_\_ and \_\_\_\_\_.
4. Common colds are caused by \_\_\_\_\_.
5. While crossing the road, cross carefully at \_\_\_\_\_.

### II. PUT A (✓) ON THE CORRECT OPTION.

1. It is essential for good health.  
(a) Overeating      (b) Balanced diet      (c) Sleeping less
2. A disease caused by mosquito bite.  
(a) Typhoid      (b) Common cold      (c) Malaria
3. During rafting or boating we must wear.  
(a) Woollen clothes      (b) Life jacket      (c) Hat
4. To stay healthy we must always eat.  
(a) Street food      (b) uncovered and stale food      (c) Fresh and clean food
5. On road, we should walk on the.  
(a) Road      (b) Zebra crossing      (c) Footpath

### III. MATCH THE FOLLOWING.

- |              |                     |
|--------------|---------------------|
| 1. Malaria   | a. Life jacket      |
| 2. Diarrhoea | b. Electricity fire |
| 3. Sand      | c. Stomach disease  |

- 4. Water sports
- 5. Influenza

- d. Swine flu
- e. Plasmodium

**IV. GIVE ONE WORD FOR THE FOLLOWING.**

- 1. Diseases that spread from one person to another. \_\_\_\_\_
- 2. Enteric fever is also called as. \_\_\_\_\_
- 3. Caused by excessive diarrhoea and vomiting. \_\_\_\_\_
- 4. It replaces lost fluids and salts in the body. \_\_\_\_\_
- 5. Organism that lives on the body of another organism. \_\_\_\_\_