

INTERNATIONAL INDIAN SCHOOL BURAI DAH
Worksheet for the Academic Year 2025 - 2026
CLASS-4 /SUBJECT : ENVIRONMENTAL STUDIES

Lesson # 1 Parts of Our Body

Lesson # 2 Health and Safety

Q1. FILL IN THE BLANKS.

- 1.Exchange of gases takes place in the _____.
- 2.Human heart is divided into _____ chambers.
- 3.The lower left and right chambers of our heart are called _____.
- 4.The blood vessels that carry impure blood are called _____.
- 5.Food moves down into our stomach through the food pipe called _____.
6. _____ helps in the digestion of fats in our body.
7. Doctors who specialise in treating heart diseases are called _____.
8. _____ is the best way to kill germs present in water.
- 9.We must drink at least _____ to _____ glasses of clean water daily.
- 10.Common cold is caused by _____.
11. _____ replaces the lost fluids and essential salts in the body.
12. Taking enough sleep at the right times can help us protect our _____ and _____ health.

Q2. CHOOSE THE CORRECT ANSWER.

1. To stay disease free, we must always eat _____.
a. Street food b. Clean and healthy food c. Uncovered food.
2. During rafting or boating we must wear _____.
a. Woollen clothes b. Life jacket c. Hat
3. _____ helps to remove the waste from our body .
a. Heart b. Kidneys c. Lungs
4. The function of the brain is to _____.
a. Clean blood b. digest food c. control body activities
5. Dengue is a viral disease caused by _____.
a. Aedes Mosquito b. Anopheles Mosquito c. Culex mosquito

Q3. NAME THE FOLLOWING.

1. Caused by excessive diarrhoea and vomiting. _____
2. The parasite that cause malaria _____
3. Disease of the stomach caused by contaminated food and water _____.
4. Gel like formation of the blood that prevents bleeding. _____.
5. The infectious disease which is also known as “the flu” _____
6. System that removes waste from the body. _____

Q4. WRITE TRUE OR FALSE.

1. Children should take medicines only after asking an adult. _____
2. It is safe to touch switches with wet hands. _____
3. Typhoid is also known as enteric fever. _____
4. We have only one lung in our body. _____
5. The upper left and right chambers of our heart are called atria. _____

Q5. CHOOSE THE CORRECT OPTION.

- a) Both A and R are true and R is the correct explanation of A.
- b) Both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false.
- d) A is false but R is true.

1. **Assertion (A): We should take medicines only in adult supervision.**
Reason(R): We can take any medicine at any time

ANS: _____

2. **Assertion (A): The brain is the control centre of our body.**
Reason(R): Nerves from our sense organs send and receive signals to and from our brain.

ANS: _____

3. **Assertion (A): Blood circulation occurs through blood vessels.**
Reason(R): The veins have thin walls.

ANS: _____

Q6. GIVE REASONS THE FOLLOWING.

1. We must be careful before going near any water body.
2. We do not let water collect in our surroundings.
3. Human heart is one of the vital organs of our body.
4. Lungs play a very important role in our breathing.

Q7. ANSWER THE FOLLOWING.

1. Define arteries and veins.
2. Write a short note on liver.
3. How is food digested in our stomach and small intestine ?
4. Write any three ways in which you can keep yourself healthy and fit.
5. How can you keep yourself safe at home ?