

SELF ASSESSMENT TEST

CLASS : 5

F.M =20

Subject: Science

Time: 45 min

Q1. Fill in the blanks :

(1×6=6)

- a. The liquid part Of the blood is known as _____.
- b. The _____ carry blood from the heart to all part of the body.
- c. The _____ are called the “soldiers of the body”.
- d. The components of the food are also called _____.
- e. The deficiency of Iodine in our food causes _____.
- f. Vitamin A,D,E and K are _____soluble vitamins.

Q2. State true or false.

(1/2×8=4)

- a. Hypertension reduces the risk of heart failure.
- b. Roughage helps in retaining water.
- c. Chalk powder is an adulterant to chilly powder.

- d. Pulmonary vein carries pure and oxygenated blood from lungs to the heart
- e. Doing yoga is good for heart.
- f. Human heart has three chambers.
- g. Proteins are body building nutrients.
- h. Capillaries are the thinnest blood vessels.

Q3. Define: **(2×2=4)**

- a. Blood circulation
- b. Balanced diet

Q4. Answer the following questions: **(2×3=6)**

- a. Give two differences between Arteries and veins.
- b. Give two functions of blood.
- c. Why is it important to include roughage in our diet?

