



Grade 7

Health and Physical  
 Education.

Unit : 10 - Let us discover our  
 body

**Underline the most suitable answer**

- 01) The function of excretory system is,  
 i) Circulation of blood ii) Producing offspring  
 iii) Discharges body wastes iv) Protection from diseases
- 02) An organ of a digestive system is,  
 i) Oesophagus ii) Trachea  
 iii) Pharyhi iii) Larynx
- 03) The bile is produced by  
 i) Gall bladder ii) Pancreas  
 iii) Liver iv) Small intestine
- 04) The nasal tract opens into the,  
 i) Larync ii) Trachea  
 iii) DIaphragm iv) parynx
- 05) The main organ of the circulatory is,  
 i) Lungs ii) Heart  
 iii) Kidney iv) Stomach
- 06) The function of platelets in the blood is,  
 i) Fight against germs  
 ii) Transport oxygen  
 iii) Transport medicines  
 iv) Help to form blood clots and stop bleeding.
- 07) The urine produced by the kidneys, temporary stored in,  
 i) Ureter ii) Bladder  
 iii) Urethra iv) None of the above
- 08) The incorrect statement about blood vessels is,  
 i) The blood vessels that take the blood away from the heart are called arteries  
 ii) The blood vessels that bring the blood back from the organs to the herb are called veins  
 iii) The arteries and capillaries are connected to each other through the veins  
 iv) The capillaries are like fine fibre

- 09) The organ that mainly absorb the food,
- i) Stomach
  - ii) Small intestine
  - iii) Large intestine
  - iv) Oesophagus
- 10) Epliglotties can be seen in the,
- i) Digestive system
  - ii) Respiratory System
  - iii) Circulatory System
  - iv) Excretory system

**PART II**

Answer all questions

- 01) 1) Write the number of deciduous teeth and permanent teeth.  
 2) Write five things that should do to keep the digestive system healthy.

Name the above parts from A to I.

A	-.....	F	-.....
B	-.....	G	-.....
C	-.....	H	-.....
D	-.....	I	-.....
E	-.....		

- 02) i) Define the terms inhalation and exhalation  
 ii) What is the function of cilia in the nose.  
 iii) What is the normal rate of breathing?  
 iv) State 5 things that should be done to maintain a healthy respiratory system.
- 03) i) How many chambers are there in the heart?  
 ii) Briefly explain the position of the heart?  
 iii) State 2 cells in the blood.  
 iv) What is the pulse rate of healthy human heart?  
 v) State 3 things that can do to keep the circulatory system healthy  
 vi) State 3 things that can do to keep the circulatory system healthy  
 vii) State 3 things that can do to keep the excretory system healthy.