

# Printable Test 6

Chapter 2: The Human Body and Health

## Chapter Review: The Human Body and Health

|                     |                          |
|---------------------|--------------------------|
| <b>Name:</b> _____  | <b>Date:</b> _____       |
| <b>Class:</b> _____ | <b>Marks:</b> _____ / 20 |

### A. Choose the best answer.

1. The system that takes in oxygen is ( respiratory / digestive ).
2. The heart belongs to the ( circulatory / digestive ) system.
3. Good hygiene helps stop ( germs / nutrients ) spreading.
4. Children need at least ( 60 / 5 ) minutes of exercise daily.
5. Dairy helps make bones and teeth ( strong / weak ).
6. At school, we should ( walk / run ) in hallways.

### B. Fill in the blanks.

1. The \_\_\_\_\_ breaks down food.
2. The lungs take oxygen from the \_\_\_\_\_.
3. Brush teeth \_\_\_\_\_ times a day.
4. Exercise strengthens muscles and \_\_\_\_\_.
5. Fruits and vegetables provide vitamins and \_\_\_\_\_.
6. In an emergency, stay \_\_\_\_\_ and ask for help.

### C. Match. Draw a line to the correct answer.

- |                       |                     |
|-----------------------|---------------------|
| 1. Digestive system   | a. provides calcium |
| 2. Respiratory system | b. moves blood      |
| 3. Circulatory system | c. breaks down food |
| 4. Protein            | d. takes in oxygen  |
| 5. Dairy              | e. builds muscles   |

### D. True or False.

1. Water helps body systems work. \_\_\_\_\_
2. Exercise makes the heart weaker. \_\_\_\_\_
3. Medicines should be kept safely by adults. \_\_\_\_\_
4. Healthy food gives nutrients and energy. \_\_\_\_\_

### E. Answer.

1. Write two ways to keep your body healthy.

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2. Write one home safety rule and one school safety rule.

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