

PRACTICE WORKSHEET 1: CIRCULATORY SYSTEM AND EXCRETORY SYSTEM | CLASS 5 SCIENCE

Part A: Multiple Choice Questions (5 Marks)

1. What is the main function of the circulatory system?
 - a) Breaking down food
 - b) Transporting oxygen and nutrients
 - c) Removing waste products
 - d) Producing energy
 2. Which organ pumps blood throughout the body?
 - a) Lungs
 - b) Liver
 - c) Heart
 - d) Brain
 3. What are the tiny blood vessels where exchange of oxygen and nutrients occurs?
 - a) Arteries
 - b) Veins
 - c) Capillaries
 - d) Aorta
 4. Which organ is responsible for filtering waste from the blood?
 - a) Stomach
 - b) Kidney
 - c) Heart
 - d) Lungs
 5. The waste liquid excreted by the kidneys is called:
 - a) Sweat
 - b) Urine
 - c) Blood
 - d) Saliva
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Part B: Fill in the Blanks (5 Marks)

1. The _____ is the main organ of the circulatory system.
 2. _____ carry oxygen-rich blood from the heart to the body.
 3. Kidneys are part of the _____ system.
 4. The rhythmic beating of the heart is called a _____.
 5. The urinary system includes the kidneys, bladder, and _____.
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Part C: True or False (5 Marks)

1. The heart has four chambers. (True/False)
 2. Veins carry blood away from the heart. (True/False)
 3. The kidneys filter waste from food. (True/False)
 4. Blood carries oxygen and nutrients to cells. (True/False)
 5. Sweat glands are part of the circulatory system. (True/False)
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Part D: Short Answer Questions (5 Marks)

1. Name the three main types of blood vessels and their functions.
 2. Why is the heartbeat important for the body?
 3. Describe the role of kidneys in the excretory system.
 4. What is the function of capillaries in the circulatory system?
 5. How do the lungs help in excretion?
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Part E: Long Answer Questions (5 Marks)

1. Explain the journey of blood through the heart, lungs, and body.
2. Describe the urinary system and its main parts.
3. Why is the circulatory system important for our survival?
4. How do the kidneys and liver work together to remove waste from the body?
5. List and explain three ways to keep the circulatory and excretory systems healthy.

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Answer Key

Part A: Multiple Choice Questions

1. b) Transporting oxygen and nutrients
2. c) Heart
3. c) Capillaries
4. b) Kidney
5. b) Urine

Part B: Fill in the Blanks

1. heart
2. Arteries
3. excretory
4. heartbeat
5. ureters

Part C: True or False

1. True
2. False
3. False
4. True
5. False

Part D: Short Answer Questions

1. **Arteries:** Carry oxygen-rich blood away from the heart.
Veins: Carry oxygen-poor blood back to the heart.
Capillaries: Tiny vessels where oxygen and nutrient exchange occurs.
2. The heartbeat pumps blood throughout the body, ensuring oxygen and nutrients reach every cell.
3. The kidneys filter blood to remove waste and excess water, forming urine.
4. Capillaries allow oxygen and nutrients to pass from the blood into cells and waste to pass back into the blood.
5. The lungs remove carbon dioxide, a waste product of respiration, when we exhale.

Part E: Long Answer Questions

1. Blood enters the heart, is pumped to the lungs for oxygenation, returns to the heart, and is then pumped throughout the body to deliver oxygen and nutrients. It returns to the heart carrying waste like carbon dioxide.
2. The urinary system includes kidneys, ureters, bladder, and urethra. The kidneys filter waste from the blood, ureters carry urine to the bladder, and the urethra expels it.
3. The circulatory system transports oxygen, nutrients, hormones, and waste, maintaining life processes. Without it, cells would die.
4. The kidneys filter waste from the blood, while the liver processes toxins and converts harmful substances into less toxic forms. Together, they ensure the body stays clean.
 - o **Eat a balanced diet:** Include foods rich in iron, calcium, and potassium.
 - o **Exercise regularly:** Keeps the heart and kidneys strong.
 - o **Stay hydrated:** Water helps the kidneys filter waste efficiently.