

ASSIGNMENT
Std 5. Sub. Science
Ch. 2 (The Skeletal System)

Answer the following questions. (to be continued)

Q9. List three healthy habits to keep our bones and joints strong.

Ans. Healthy habits to keep our bones and joints strong are :

- i) eat protein rich food items such as egg, milk ,cheese, meat pulses etc.**
- ii)eat vitamins rich food items such as egg yolk, citrus fruits, green leafy vegetables etc.**
- iii)eat calcium rich food such as milk ,curd, almonds etc.**
- iv) do exercise or yoga regularly and play outdoor games.**

Q10. what is posture?

Ans. the position in which we hold our body while sitting standing or walking is called posture.

following are to be done in the book with pencil.

B. Tick the correct option.

1. a 2.a 3.a 4.b.

C. Fill in the blanks

1.22 2.muscles. 3. calcium. 4.voluntary
5.gliding

D. write true or false.

1.false. 2. true. 3. true. 4.false. 5.true

E.Match the following.

- 1.bones. ---- 206
- 2 Muscles . ---- more than 600
- 3 Voluntary muscles. --- legs
- 4. Involuntary muscles. ---- foodpipe
- 5 Meeting point of two bones. —. joint
