



# MADHUVANI SANGAM PRIMARY SCHOOL

## STUDENTS WORKSHEET # 1 COVID- 19 (EXTENDED SCHOOL BREAK)

<b>SUBJECT</b>	<b>Healthy Living</b>	<b>YEAR</b>	<b>8</b>
<b>NAME</b>		<b>ADDRESS</b>	

### SECTION A MULTIPLE CHOICE

#### ***CIRCLE THE LETTER OF THE BEST ANSWER***

1. The cardiovascular system consists of the

- A. heart, brain and lungs.                      B. heart, chest and diaphragm.  
C heart, blood and blood vessels.              D. heart, hormones and the lymph.

2. The left atrium receives blood from the

- A. heart.    B. lungs.  
C. all parts of the body.                              D. some parts of the body only.

3. The work of the red blood cells is to

- A. protect the body.  
B. carry food around the body  
C. manufacture food in the body.  
D. assist in the clotting of the blood moderate growth.

4. The family unit plays a significant role in shaping a person

- A. work                      B. house.                      C. garden.                      D. identity.

5. Positive media influence on teenagers includes

- A. obesity.    B. low score in exams.  
C. making violence normal.                      D. encouraging them to do well.

6. Good decision making helps one to make

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- A. poor choices.
- B. better choices.
- C. regrettable choices.
- D. persuasive choices.

7. Physical changes common to boys and girls is

- A. menstruation.
- B. growth of facial hair.
- C. appearance of pubic hair.
- D. increased size of larynx and vocal chords.

8. Respecting personal rights is

- A. burgling a friend's house.
- B. deliberately hurting another person.
- C. writing drawings on someone's door.
- D. borrowing your friends shoes to wear.

9. An illegal drug in Fiji is

- A. Panadol.
- B. marijuana.
- C. Panadol elixir.
- D. cough mixture.

10. Rules help family members to

- A. make their own choices.
- B. make family life hectic.
- C. be inconsistent in the way they treat others.
- D. learn where their limits are, and what's expected of them.

11. Always walk on the \_\_\_\_\_ of the road.

- A. middle
- B. left side
- C. right sided.
- D. white mark

12. The type of toilet on the right is called \_\_\_\_\_ toilet.

- A. pit
- B. flush
- C. compost
- D. water sealed

13. Village water source are fenced to

- A. filters debris.
- B. beautify the area.
- C. collect more water.
- D. prevent contamination of water source.

14. Blood delivers oxygen and

- A. air to the cells.
- B. waste to the cells.
- C. nutrients to the cells.
- D. carbon-dioxide to the cells.

15. The flaps that prevent the backflow of blood to the heart is called the

- A. valves.
- B. ventricle.
- C. pulmonary vein.
- D. pulmonary artery.

**SECTION B SHORT ANSWER QUESTIONS**

***ANSWER ALL QUESTIONS IN THE SPACE PROVIDED***

1. What is the function of the cardiovascular system?

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2. How many times does blood travels in our body?

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3. What is the name of the tissue that separates the right side of the heart from left side?

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4. How many chambers are there in the heart and name those chambers?

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5. What is the function of atrium?

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6. What is the function of ventricles?

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7. What is the function of the valve?

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8. What is another name for cardiovascular system?

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9. Explain the functions of arteries, capillaries and veins.

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10. The overall pattern of body's blood consists of how many loops? Explain these loops. Two loops

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