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Multiple Choice Questions

1. **The fluid that transports materials in the human body is**
   (a) Plasma
   (b) Blood
   (c) Lymph
   (d) Water

2. **The pumping organ of the circulatory system is**
   (a) Brain
   (b) Kidney
   (c) Heart
   (d) Lung

3. **Blood cells that fight infection are**
   (a) RBCs
   (b) WBCs
   (c) Platelets
   (d) Plasma

4. **The process of removing waste materials from the body is**
   (a) Circulation
   (b) Excretion
   (c) Absorption
   (d) Respiration

5. **The structural and functional unit of the kidney is**
   (a) Nephron
   (b) Alveolus
   (c) Ventricle
   (d) Artery

6. **Blood vessels that carry blood away from the heart are**
   (a) Veins
   (b) Arteries
   (c) Capillaries
   (d) Nephrons

7. **The watery fluid that transports nutrients in plants is**
   (a) Starch
   (b) Phloem sap
   (c) Xylem sap
   (d) Plasma

8. **The red pigment in blood that carries oxygen is**
   (a) Haemoglobin
   (b) Chlorophyll
   (c) Melanin
   (c) Keratin

9. **Plants lose excess water through**
   (a) Photosynthesis
   (b) Transpiration
   (c) Germination
   (d) Respiration

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10. **In human beings, urine is stored in the**
(a) Ureter
(b) Kidney
(c) Bladder
(d) Liver

Fill in the blanks :

11. The liquid part of blood is called _____.

12. The two upper chambers of the heart are called _____.

True / False

13. Veins carry blood away from the heart.

14. Transpiration helps in the upward movement of water in plants.

Very Short Type Questions

15. What is plasma?

16. What are arteries?

Short Type Questions

17. What is the function of WBCs?

18. How does transpiration help plants?

Essay Type Questions

19. Describe the structure and working of the human heart.

20. Describe the process of excretion in humans and explain the role of kidneys in it..

HOTS

21. **Assertion (A):** Arteries have thick, elastic walls.
Reason (R): Arteries carry blood under high pressure from the heart.
Choose the correct option:
a) Both A and R are true and R is the correct explanation of A
b) Both A and R are true but R is not the correct explanation of A
c) A is true but R is false
d) A is false but R is true

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1. **(b)** Blood
2. **(c)** Heart
3. **(b)** WBCs
4. **(b)** Excretion
5. **(a)** Nephron
6. **(b)** Arteries
7. **(c)** Xylem sap
8. **(a)** Haemoglobin
9. **(b)** Transpiration
10. **(c)** Liver
11. Plasma
12. Atria
13. FALSE
14. TRUE
15. Plasma is the liquid part of blood in which cells and nutrients are suspended.
16. Arteries are thick-walled blood vessels that carry blood away from the heart.
17. WBCs protect the body by fighting germs and infections. They identify harmful microorganisms, destroy them, and help the body develop immunity.
18. Transpiration helps plants by pulling water upward from roots, keeping the plant cool, and maintaining the continuous flow of water and minerals.
19. The human heart is a muscular, cone-shaped organ located in the chest cavity between the lungs. It is about the size of a closed fist. The heart has four chambers: two upper chambers called atria (right atrium and left atrium) and two lower chambers called ventricles (right ventricle and left ventricle). The right side of the heart contains deoxygenated blood, while the left side contains oxygenated blood. A wall called the septum separates the right and left sides. The heart also has valves that prevent the backflow of blood.The working of the heart involves continuous pumping of blood. Deoxygenated blood from the body enters the right atrium, moves to the right ventricle, and is pumped to the lungs for oxygen. Oxygenated blood returns to the left atrium, moves to the left ventricle, and is pumped to all parts of the body. This process is called double circulation.

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20. Excretion is the process by which the human body removes waste materials produced during various activities. If these wastes are not removed, they can harm the body. The main excretory organs are the kidneys, ureters, urinary bladder, and urethra.

Process of Excretion in Humans

1. Blood carries waste materials like urea and excess water to the kidneys.
2. The kidneys filter the blood and separate these waste substances from it.
3. The waste materials and extra water combine to form urine.
4. Urine passes from the kidneys into the ureters, which are tube-like structures.
5. The ureters carry urine to the urinary bladder, where it is stored temporarily.
6. When the bladder is full, urine is removed from the body through the urethra.

Role of Kidneys

1. Filter Blood:

Kidneys act as natural filters. They remove harmful wastes like urea from the blood.

2. Maintain Water Balance:

They control the amount of water in the body by removing extra water through urine.

3. Maintain Salt Balance:

Kidneys regulate minerals and salts in the body, keeping the internal environment stable.

4. Help in Excretion:

Kidneys form urine and help eliminate waste products safely from the body.

21. Correct Answer: (A)

Explanation:

Both statements are true. Arteries face high pressure as they receive blood directly from the heart, so they have thick, elastic walls. The reason correctly explains the assertion.

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