**Pakistan School , Kingdom of Bahrain**

**E- Support and Learning Material / Session 2020-2021**

**Subject: Science Week: 3 Grade : 7th**

**Assignment: 3**

**Solve any two activities:**

**Activity 1**

**Fill in the blanks:**

1.Colds are caused by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ which invade the cells in the nose and throat.

2.A cough is a sudden clearance of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Smoking tobacco contain a drug called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Activity 2**

**Write true or false:**

1.Asthma is not controlled by inhaler.

2.Vaccines can be injected to protect people against diseases.

3.influenza is caused by bacteria.

**Activity 3**

**Give reasons:**

1.Why smoking tobacco is addictive?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q.2 Why do doctors use inhalers to treat asthma?

Ans,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Activity 1:**

**Multiple Choice Questions:**

**Choose the correct answer**

1.How much of our body mass is water

a.60% b.80% c.70% d.20%

2. How much water on the earth is salty?

a. 55% b.39% c.80% d. 97%

3.The special watering of crops is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

a. irrigation b . Irritation c. investigation d. interruption

4. It is the purest form of water

a. rain water b .sea water c .lakes

5. How many largest oceans are in the world?

a. 5 b.7 C.8 D.4

**Correct answers:**

1. c 70% 2. d. 97% 3. a. irrigation 4. c. lakes 5. a. 5

**Activity 2:**

**Fill in the blanks:**

1. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_part of earth is covered by water.
2. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cycle purifies the world water supply.
3. Industry uses water for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a large artificial lake made by building a dam

5.Most of water in Pakistan comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ river.

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**Subject: Science Week: 3 Grade : 7th**

**Book: Oxford Secondary Science book 2 FIRST TERM**

**Chapter 2 :Respiration and energy from food Pg. No:13,14**

**Topic 2 :Diseases of the respiratory system**

**Short Answers:**

**Q.1 Write the common diseases of the human respiratory system.**

**Ans.** 1. Coughs and colds 2. Influenza or flu 3. Asthma

**Q.2 what do you know about asthma?**

**Ans.**Astma is disease in which the muscles in the bronchi contract ,making it difficult for air to reach the lungs. People having asthma use inhalers. This inhaler contain drug to relax the muscles. Tobacco smoke, stress, cold air cause asthma.

**Q.3 Why smoking can damage your health?**

**Ans.**The main drug in tobacco smoke is nicotine, which is addictive. Nicotine also enters the blood from the lungs affecting the blood system. The tar in tobacco smoke collects in the lungs and damages and irritates the breathing tubes and air sacs (alveoli) .Heavy smokers may develop lung cancer cancer of voice box and diseases of arteries.

**Long Question AND Answers:**

**Q.1 What are the causes and treatments of cough and cold?**

**Ans.** A Cough is sudden involuntary or reflex a action which helps to clear the large breathing passage of mucus and other secretions as well as germs. Frequent coughing is often a sign of disease. coughing can also spread germs .Smokers get out of the breath

Colds are caused by the viruses which invade the cells lining the nose and throat causing them to break down. This gives you a sore throat and runny nose .

Some medicines can relive some effects of cold and cough .If you are healthy your body quicklu overcome the cold viruses.Eat a healthy and balanced diet ,getting plenty of sleep and fresh air will help you.

**Q. 2.What are the causes , symptoms and treatments of influenza and flu?**

**Ans. Causes of influenza:**Influenza is caused by a virus.The virus enters the body through the eyes ,nose or mouth and travels down towards the lungs.Once the virus is in the wind pipe,bronchi and bronchioles,it keeps on multiplying.

**Symptoms of influenza:** The first symptoms are runny nose, sore throat and cough and later you feel headache fever and weakness.

**Treatments of influenza:**There are some medicines to relieve the symptoms of influenza but no real cure. Eat healthy balanced diet.use tissue or handkerchief to stop the viruses being shot into the air and infecting other people.

**Topic1:Importance and sources of water:**

**Short Question and answers:**

**Q.1 How is water important to**

**I)plants ii)animals including humans**

**Ans.** Plants and animals need water to live. Water is home to millions of plants and animals.

About seventy percent age of human body is water. We also use water for cooking, drinking, washing, cleaning, industry and irrigation .

**Q.2 What is irrigation?**

**Ans.** Farmers bring water from rivers, lakes and wells to their fields .Water is carried in pipes and ditches. This special kind of watering to crops is called irrigation

**Q.3 What are the main uses of water in industry?**

Ans. In industry water is used for cooling, to generate electricity ,to make many things like cement, steel paper.

**Q.4 Why water is used as important solvent?**

**Ans.** Water is used as important solvent because it dissolves many substances.

**Q.5 Which are the largest five great oceans in the world?**

Ans.1.Atlantic Ocean 2.Arctic Ocean 3. Pacific Ocean 4. Indian Ocean 5.Antarctic Ocean

**Q.6. what are the sources of fresh water?**

Ans. Fresh water comes from lakes, river, wells and glaciers .Most of Pakistan ‘s water comes from the Indus river and its tributaries.

**Q.7 what is reservoir?**

Ans. A reservoir is a large artificial lake by building a dam across a river. Reservoirs are built high up in hills or mountains.