



SCIENCE REVISION WORKSHEETS

DAY 1

Unit 1: Human Beings / Vital Functions / Body systems / Mental Health

1 Match the definitions and the terms (Organisation of Living Things)

Draw a line to connect each definition on the left with its correct word on the right:

A. The smallest functional unit of life.

1. Tissue

B. Group of similar cells working together.

2. Organism

C. Structure made of different tissues.

3. Cell

D. Group of organs performing complex tasks.

4. System

E. A complete living being.

5. Organ

2 Complete the sentences (The Three Vital Functions)

WORD BOX:

three • Reproduction • Nutrition • Interaction

- Human beings perform _____ vital functions to stay alive and healthy.
- The _____ function involves obtaining nutrients, oxygen, distributing substances, and expelling waste.
- The _____ function allows us to receive information from the environment and react to it.
- The _____ function allows humans to produce offspring using sex cells.

3 Multiple Choice Quiz

1. Which level of organisation is formed by several tissues working together?

a) A single cell

b) An organ

c) An organism

2. Which vital function includes the digestive and respiratory systems?

a) Nutrition

b) Interaction

c) Reproduction



SCIENCE REVISION WORKSHEET

Unit 1: The Nutrition Process & Body Systems

DAY 2

1 Match the system to its function

Write the name of the correct body system next to each description:

Digestive system • Respiratory system • Circulatory system • Excretory system



1. Obtains oxygen from the air and expels carbon dioxide:



2. Distributes nutrients and oxygen to all parts of the body:



3. Obtains essential nutrients from food:



4. Removes salt and other waste products in urine and sweat:

2 Correct the Mistakes

Each sentence has ONE mistake. Underline the mistake and write the correct sentence:

1. The respiratory system expels water dioxide when we breathe out.

2. The heart removes salt and liquid waste from our body in urine.

3. The digestive system obtains oxygen from the food we eat.

3 Multiple Choice: Organs & Functions

1. Which organs filter waste from the blood to produce urine?

a) Lungs

b) Kidneys

c) Sweat glands

2. What does the circulatory system transport around the body?

a) Nutrients and oxygen

b) Solid waste only

c) Air from outside



SCIENCE REVISION WORKSHEET

Unit 1: Interaction Function & Sense Organs

DAY 3

1 Match Sense Organs to Senses

Draw a line to connect each organ with the sense it provides:



Eyes



Ears



Nose



Mouth / Tongue



Skin

A. Taste

B. Sight

C. Touch

D. Hear / Hearing

E. Smell

2 Complete the Sentences (Interaction Process)

glands • sense organs • Nervous system • muscles

1. Our _____ receive information from the world around us.
2. The _____ receives signals, processes information, and sends orders.
3. Effectors respond to nerve signals. The main effectors are _____ and _____.

3 Correct the Mistakes

Find the science mistake in each sentence and rewrite the sentence correctly:

1. The locomotor system is made of the brain, spinal cord, and nerves.

2. Effectors receive signals from the sun.



SCIENCE REVISION WORKSHEET

Unit 1: Reproduction & Physical Health

DAY 4

1 Multiple Choice: Reproduction

1. What sex cells are produced by the male reproductive system?

- a) Ova (eggs) b) Spermatozoa c) Blood cells

2. What sex cells are produced by the female reproductive system?

- a) Ova (eggs) b) Spermatozoa c) Sweat cells

2 Match Healthy Habits to Body Systems

Match each healthy habit with the systems it keeps healthy:

1. Drinking plenty of water daily

a) Digestive, excretory, & circulatory systems

2. Doing regular sport and exercise

b) Digestive system & overall body growth

3. Eating a balanced diet with fruit

c) Respiratory, circulatory, & locomotor systems

3 Complete the Healthy Lifestyle Text

breakfast • sleep • water • exercise

1. Every morning, I eat a healthy and balanced _____.
2. To help my kidneys and excretory system, I drink fresh _____.
3. I do regular physical _____ to keep my heart and muscles strong.
4. At night, I get enough _____ so my brain and body can rest.



SCIENCE REVISION WORKSHEET

Unit 1: Mental Health & Competency Case Study

DAY 5

Remember the connector?

BECAUSE Example: "...because it makes me happy.")

AND → Example: ("I eat fruit and I do sports.")

BUT → Example: ("I feel tired, but I am happy.")

Remember
this

2 Study case: "The School Trip"

Read the situation carefully:

Lucas goes on a mountain trip with his school. Before he leaves, he eats a healthy breakfast. During the hike, he runs and breathes deeply. Later, he feels a bit worried about getting lost, so he talks to his teacher and friends to feel safe and calm.

1. Which body system helps Lucas obtain nutrients from his breakfast?

2. Which system helps him breathe fresh air while hiking in the mountains?

3. How does Lucas take care of his mental health when he feels worried?

4. What is ONE thing YOU can do to take care of your mental health when you feel sad or stressed?

(Use linking words like *and*, *but*, or *because*):

When I feel sad I can....



**DAY 1**

Ex 1: A-3 (Cell), B-1 (Tissue), C-5 (Organ), D-4 (System), E-2 (Organism)

Ex 2: 1. three | 2. Nutrition | 3. Interaction | 4. Reproduction

Ex 3: 1. b) An organ | 2. a) Nutrition

DAY 2

Ex 1: 1. Respiratory system | 2. Circulatory system | 3. Digestive system | 4. Excretory system

Ex 2: 1. water → carbon | 2. heart → kidneys | 3. oxygen → nutrients

Ex 3: 1. b) Kidneys | 2. a) Nutrients and oxygen

DAY 3

Ex 1: Eyes-Sight (B), Ears-Hear (D), Nose-Smell (E), Tongue-Taste (A), Skin-Touch (C)

Ex 2: 1. sense organs | 2. Nervous system | 3. muscles, glands

Ex 3:

1. The locomotor system → Nervous system (or: muscles and bones).
2. Effectors receive signals from the sun → nervous system.

DAY 4

Ex 1: 1. b) Spermatozoa | 2. a) Ova (eggs)

Ex 2: 1-a, 2-c, 3-b

Ex 3: 1. breakfast | 2. water | 3. exercise | 4. sleep

DAY 5

Ex 2 (Competency):

1. The digestive system.
2. The respiratory system.
3. He talks to his teacher and friends to feel safe and calm (asks for help / expresses feelings).
4. Free answer (e.g., When I feel sad I can *talk to my family because they help me* or *"I spend time outside and play sports"*).

