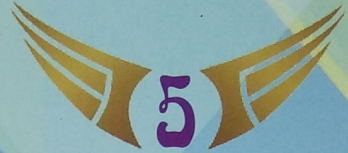
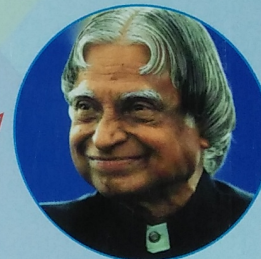


Revised & Updated Edition

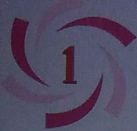
Wings of Knowledge



(A BOOK OF GENERAL KNOWLEDGE)



Amenta



WORKING OF THE BODY

Our body is a very complicated machine made up of many parts. Each part has a particular function to perform.

A. Basic information about the parts of the human body is given in column A. Match each description with the pictures given in column B by writing the correct letter in the box.

Column A

- Strong framework that supports our body **Skeleton**
- Bones that protect the heart and lungs **Ribcage**
- Pumping of blood takes place in **heart**
- Glands that help to cool **Sweat glands**
- The smallest bone in our body **Stirrup bone**
- The organ that controls our body **Brain**
- This organ connects the nose to the lungs **wind pipe**
- They filter the body fluids **kidneys**
- They carry impure blood **veins**
- This is where food is digested **Stomach and small intestine**
- They carry messages between the brain and other parts of the body **nerves**
- It is the second largest organ in human body, after skin. **Liver**

Column B

a. brain

b. kidneys

c. veins

d. wind pipe

e. ribcage

f. skeleton

g. stomach and small intestine

h. nerves

i. stirrup bone

j. sweat glands

k. heart

l. liver

GOOD TO KNOW

The food you eat has to travel 20-30 feet within your body.

B. Answer the following questions.

1. What is the approximate weight of a human heart?

300 grams

2. At what speed does a sneeze force air out of the nose?

About 100 miles per hour

3. On which part of the body would you find the bridge?

Nose

4. Which part of the human body remains unchanged in size throughout the life.

Eyeballs

5. What carries blood to the heart?

Veins

6. What are the four basic tastes?

Sweet, sour, salty and bitter

7. What are the four main blood groups?

A, B, AB and O

Help Menu

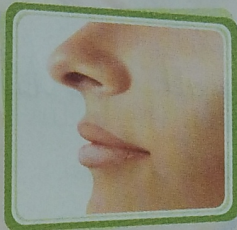
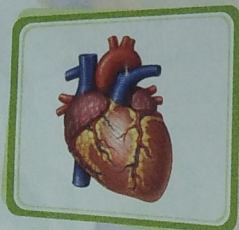
A, B, AB and O

Veins

Sweet, Sour, Salty and Bitter

Nose 300 grams Eyeballs

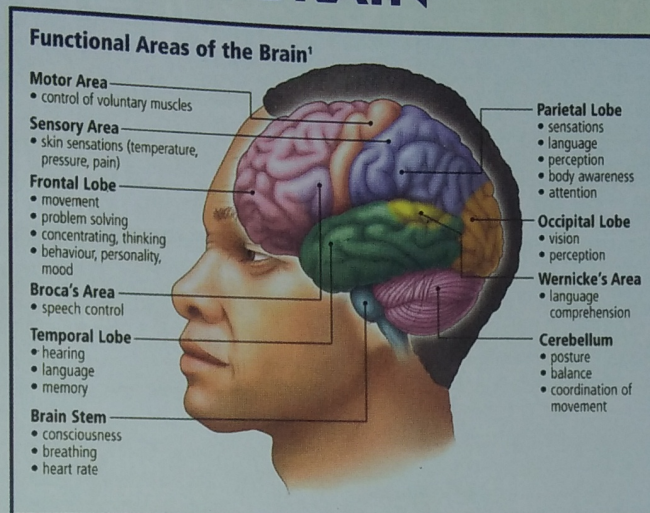
About 100 miles per hour



GOOD TO KNOW

You don't need to clear wax out of your ears unless you have an abnormal condition. Ears push excess wax out as needed.

INTERESTING FACTS ABOUT HUMAN BRAIN



Fill in the blanks to complete some interesting facts about the human brain.

1. Different parts of the Brain control different activities of the human body.
2. The human brain is the only organ in the human body that doesn't have any nerves in it despite being the control centre of the nervous system. It implies that the human brain feels no pain!
3. On an average, the brain of an adult human weighs around 1.5 kg.
4. The brain consumes about 20% of the total energy in the human body.
5. Lack of oxygen in the brain for 5 to 10 minutes permanently damages it.
6. Forgetting is a normal process for the brain where in it deletes unnecessary information and it helps in working of the nervous system.

Help Menu

nerves brain 1.5
energy information
5 to 10

OUR SOLAR SYSTEM

SUN

The Sun is only one of millions and millions of stars in the galaxy. We see it as a large round red ball only because we are much closer to the Sun than to any of the other stars. The Sun gives life to the Earth and the Earth would have no life at all without the energy it receives from the Sun.

EARTH

Earth is special because it is our home. It is exactly the right distance from the Sun to receive just the right amount of light and heat. There is air to breathe and there is plenty of water. These are essential for plants and animals to live. Earth is the only planet where life exists. The Earth is 15 crore kilometres from the Sun.

MERCURY

Mercury is the closest planet to the Sun. It moves around the Sun very fast. Mercury is a small planet, not much bigger than the Moon. It has no atmosphere to protect it. So it gets very hot and very cold. Like all the other planets Mercury orbits around the Sun, but its orbit of the Sun lasts for only 88 days. The Earth's orbit lasts for 365½ days.

VENUS

Venus is the second planet from the Sun. It is the nearest planet to Earth. Venus is the hottest planet in the solar system. It is almost the same size as Earth. Venus can be seen in the sky just before sunrise and after sunset.

JUPITER

Jupiter is the biggest of all planets. Jupiter is so large that all of the other planets in the solar system could fit inside it. More than 1,000 Earths would fit inside Jupiter. Jupiter is not made of rock like the Earth. It is made of the same gases as the sun.



NEPTUNE

Neptune is the farthest planet from the Sun. It is the coldest planet with surface temperature of minus 210°C. Neptune has the strongest winds in the solar system, blowing at up to 700 metres per second.



URANUS

Uranus is the seventh planet from the Sun. Like Saturn, Uranus also has rings but they are much thinner. Since Uranus is far from the Sun. It is very, very cold. Sunlight takes just 8.5 minutes to reach Earth, but 2.5 hours to reach Uranus.



SATURN

Saturn is the second biggest planet. It looks different from all the other planets because it is surrounded by broad, flat rings. Saturn is also the lightest planet. If you could put into a huge of water, it would float. Saturn is sometimes called the queen of planets because of its beautiful rings.

MARS

Mars is the fourth planet from the Sun in our solar system. Mars is a cold, rocky planet. It is also known as the Red Planet because it is covered with red dust. Mars has seasons like Earth, but is much colder because it is farther from the Sun. A day on Mars (from sunrise to sunset) is equal to Earth day. Mars has two moons, their names are Deimos and Phobos.



Let us test your knowledge about the solar system? Tick (✓) the correct option.

- Which is the only star in the solar system?
 Earth Jupiter Sun
- Which is the smallest planet in the solar system?
 Mercury Neptune Uranus
- Which is the brightest planet in the solar system?
 Mars Earth Venus
- Which of the following is known as the 'Blue Planet'?
 Earth Mars Saturn

BALANCED DIET

A diet is the food consumed by us. A balanced diet is one that gives our body the nutrients it needs to function correctly.

A nutrient is a part of the food that the body usually cannot produce on its own and must be provided by the diet. These nutrients are necessary for the body to function properly. The essential nutrients include carbohydrates, proteins, fats, vitamins and minerals. Apart from the essential nutrients, roughage and water are also considered essential parts of a balanced diet.

Carbohydrates

Carbohydrates are the main source of energy for the body. Without carbohydrates, the body cannot function properly. Sources of carbohydrates include fruits, breads, grains, leafy vegetables and sugar.



Proteins

Proteins are the major structural component of the body parts and are responsible for their building and repair. Some sources of proteins are milk, cheese, beans, eggs and meat.

Fats

Fats are important components in food. Some foods, including most fruits and vegetables, have almost no fat. Other foods such as whole milk, nuts, oils and butter have plenty of fat. The name 'fat' may sound like something we shouldn't eat. But fat is an important part of a healthy diet. Especially the little kids need a certain amount of fat in their diet so that their brain and nervous system develop correctly. That's why toddlers need to drink whole milk, which has more fat, and older kids can drink low-fat or skim milk.



Vitamins

Vitamins are substances that our body needs to grow and develop normally. There are 6 vitamins our body needs. They are Vitamin A, Vitamin B, Vitamin C, Vitamin D, Vitamin E and Vitamin K. Out of these, there are eight different types of Vitamin B. We can get all our vitamins from the food we eat. Our body can also make vitamins D and K. The best way to get enough vitamins is to eat a balanced diet with a variety of foods such as fruits, vegetables and milk.

Each vitamin has specific jobs. Low level of a certain vitamin may result in health problems. For example, deficiency of vitamin A can cause night blindness.

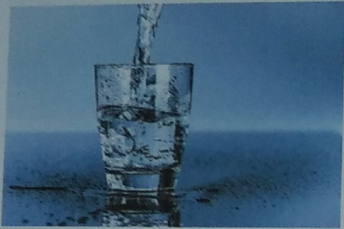
Minerals

Just like vitamins, minerals help our body grow, develop and stay healthy. The body uses minerals to perform many different functions. There are

many minerals such as calcium, magnesium, sodium, potassium, iron and iodine. Nuts, cheese, egg, fish, milk, meat, garlic, onion and green vegetables are some of the sources of minerals.



Water



Water helps to transport nutrients to cells. Water also assists in removing waste products from the body. Apart from plain clean water, we fulfil our water requirement from all beverages and high-moisture foods such as soup and watermelon. Adults should consume 2 to 3 litres of water per day to stay healthy.

Roughage

Roughage or dietary fibre is the indigestible portion of food derived from plants. It does not provide any nutrients to the body but helps in retaining water in the body. It also helps in clearing undigested food from the body.



Choose the correct option.

1. Which of the following is a source of proteins?
 A. Fish B. Egg C. Pulses D. All of these
2. Which among the following is the best source of vitamins, minerals and proteins?
 A. Whole grain B. Fish C. Plant oil D. Nuts
3. Which among the following has the highest content of carbohydrates?
 A. Whole grain B. Fish C. Nuts D. Milk
4. Which of the following is termed as 'complete food'?
 A. Fish B. Egg C. Milk D. Nuts

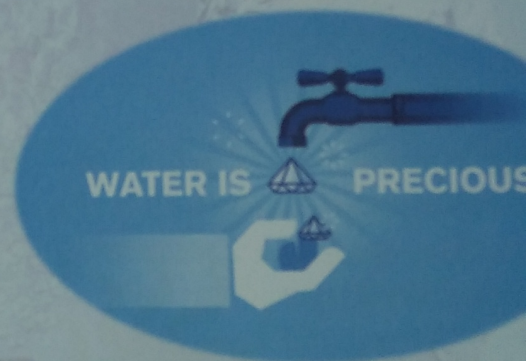


WATER CONSERVATION

You know that water is important not only for a healthy body also for a variety of our daily needs such as washing and bathing. planet is covered with more than two-thirds of water, but the water that we can use for fulfilling our daily needs is limited. With increase in population, this useful water is getting scarce. So, it is our duty to conserve water. Wastage of water should be avoided at all costs.

Here are a few tips using which we can save lots of water at home.

1. Turn off the water after you wet your toothbrush. Don't keep the water running while brushing your teeth. Just fill a glass for rinsing the mouth.
2. If available, take a shower for bathing as shower uses less water. But, in any case, don't overuse shower.
3. Turn off the shower or tap while applying soap.
4. When washing dishes, don't leave the water running for rinsing.
5. Don't wash vegetables and fruits under running water. Take water in a container instead.
6. Use only appropriate quantity for watering plants. If you have a garden, then you should be more careful not to waste water for watering of plants.

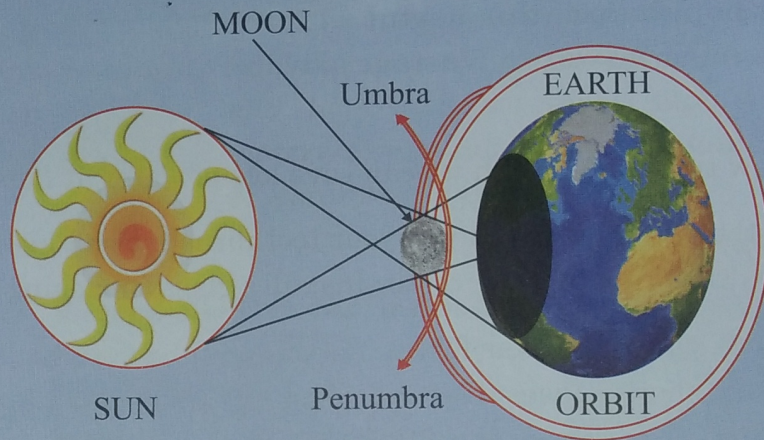




SOLAR ECLIPSE & LUNAR ECLIPSE

Solar Eclipse

As seen from the Earth, a solar eclipse occurs when the Moon passes between the Sun and the Earth, and it fully or partially covers the Sun as viewed from a location on Earth.



Lunar Eclipse

A lunar eclipse occurs when the moon passes behind the earth so that the earth blocks the sun's rays from striking the moon. This can occur only when the Sun, Earth and Moon are aligned exactly, or very closely.

