



CLASS 5 EVS · 2026-27

How our body works

Human body

40

QUESTIONS

20

MINUTES

4

EXERCISES

This belongs to _____ Date _____

WHAT YOU'LL GET GOOD AT

- Traces food through the digestive system in order
- Explains what each organ does rather than only naming it
- Says what would go wrong if one part stopped working

Take your time, and have a go at every one. If you get stuck, look at the orange box — Ollie has already done one for you.

How our body works

Human body · 40 questions · tick each box as you finish

Exercise 1 of 4 · 5 questions Put the journey of food in order. Number them 1 to 5.

☐

PUT IN ORDER

HERE'S ONE DONE FOR YOU

B is first because digestion begins in the mouth, not the stomach - most children assume the stomach. Then the food pipe carries it down (E), the stomach churns it (D), the small intestine absorbs what is useful (A), and the large intestine takes back water and leaves the waste (C).

1) A. Small intestine - the useful parts of the food pass into the blood.

2) B. Mouth - food is chewed and mixed with saliva.

3) C. Large intestine - water is taken back and the waste is left.

4) D. Stomach - food is churned and broken down further.

5) E. Food pipe - food is carried down to the stomach.

Exercise 2 of 4 · 12 questions Write what each organ does. One sentence.

☐

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

heart -> it pumps blood to every part of the body. Not 'it is in the chest', which is where it is rather than what it does. Class 5 marks the job. If your child's answer would still be true of a stone in the same place, it has not answered the question.

1) heart

2) lungs

3) brain

4) kidneys

5) skeleton

6) liver

7) stomach

8) small intestine

9) teeth

10) muscles

11) eyes

12) nose

Exercise 3 of 4 · 11 questions What would happen? One sentence, with a reason.

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

If a person did not chew food properly -> the stomach would have to work harder and the food would be digested badly. The answer connects the missing step to what depends on it. This is exactly how Class 6 Science questions are worded, so the habit built here carries straight over.

1) If a person did not chew food properly

2) If the lungs could not take in oxygen

3) If the skeleton were not there

4) If the kidneys stopped working

5) If a person ate no fruit or vegetables for months

6) If the heart stopped beating for a few minutes

7) If someone never brushed their teeth

8) If a person slept only three hours a night

9) If the food pipe were blocked

10) If a person drank no water for two days

11) If the muscles could not contract

Exercise 4 of 4 · 12 questions Write True or False. If it is false, write the correct sentence. ☐

WRITE THE ANSWER

HERE'S ONE DONE FOR YOU

The heart cleans the blood. -> False. The kidneys clean it; the heart pumps it. Two organs, two different jobs, and children mix them up because both are 'about blood'. Ask what each one actually does to the blood - pushes it, or filters it.

1) Digestion begins in the mouth.

2) The heart cleans the blood.

3) We breathe out carbon dioxide.

4) Bones are held together at joints.

5) The brain is protected by the skull.

6) Food is absorbed mainly in the stomach.

7) Saliva starts breaking down food before we swallow.

8) The lungs pump blood around the body.

9) Muscles work by pulling, not by pushing.

10) The kidneys make urine.

11) The heart has four chambers.

12) The large intestine takes back water from the waste.



All done? How did that feel?

Colour in a star. Three stars means you could teach it to someone else.



Tricky · Getting there · Easy now



Answer key

For grown-ups

How our body works · keep this page back until your child has finished.

1. Put the journey of food in order. Number them 1 to 5.

- 1) B, E, D, A, C

2. Write what each organ does. One sentence.

- 1) It pumps blood to every part of the body.
- 2) They take in oxygen from the air and let out carbon dioxide.
- 3) It controls the body and lets us think, feel and remember.
- 4) They clean the blood and remove waste as urine.
- 5) It gives the body its shape, holds it up and protects organs like the brain and heart.
- 6) It makes bile, which helps digest fat, and cleans harmful things out of the blood.
- 7) It churns food and breaks it down further with its juices.
- 8) It takes the useful parts of digested food into the blood.
- 9) They cut, tear and grind food so that it can be swallowed and digested.
- 10) They pull on the bones to move the body.
- 11) They let us see, and judge how far away things are.
- 12) It lets us smell, and warms and cleans the air we breathe in.

3. What would happen? One sentence, with a reason.

- 1) The stomach would have to work much harder, and the food would be digested slowly or badly.
- 2) The body would not get the oxygen it needs to stay alive.
- 3) The body would have no shape or support and the organs inside would not be protected.
- 4) Waste would stay in the blood and make the person very ill.
- 5) They would fall ill easily, because protective foods guard the body against disease.
- 6) Blood would stop reaching the brain and the other organs, and the person would die.
- 7) Food left on the teeth would cause decay, and the teeth would ache and fall out.
- 8) The body would not get time to repair itself, and the person could not concentrate.
- 9) Food could not reach the stomach, so nothing could be digested.
- 10) The body would dry out, the kidneys could not clean the blood, and the person would fall seriously ill.
- 11) Nothing could move - not the arms and legs, and not the heart either.

4. Write True or False. If it is false, write the correct sentence.

- 1) True.
- 2) False - the kidneys clean the blood; the heart pumps it.
- 3) True.
- 4) True.
- 5) True.
- 6) False - most absorption happens in the small intestine.
- 7) True.
- 8) False - the heart pumps blood; the lungs take in oxygen.
- 9) True.
- 10) True.
- 11) True.
- 12) True.

WHILE YOUR CHILD WORKS

- If an answer would still be true of a stone in the same place, it has said where the organ is rather than what it does. That test settles most of the second exercise.
- Digestion begins in the mouth, not the stomach. Almost every child gets that first step wrong until it is pointed out.
- The 'what if' questions are the Class 6 Science shape. Practising them now is worth more than any extra labelling of diagrams.

**Spotted a gap while marking?**

A free assessment is one live class with a matched teacher - no card, nothing to cancel. Afterwards you get an honest note on what they noticed.

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