



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF EVS [2025 – 2026]

LESSON: BLOW HOT AND BLOW COLD

WORKSHEET - 1

RESOURCE PERSON: Ms. Mini Henry

NAME: _____ CLASS: V SEC: _____ DATE: _____

I. Read the statements given below and circle the correct answer.

1. What is the main organ used for breathing?
a. heart b. stomach c. lungs d. brain
- b. Why is it unhealthy to breathe through your mouth all the time?
a. It smells bad. b. It doesn't filter germs and dust.
c. It looks funny. d. It uses more energy.
3. What happens when you blow gently on hot tea?
a. It becomes hotter. b. It cools down.
c. It tastes sweeter. d. Nothing happens.
4. Why do we see mist on a mirror when we breathe on it?
a. The mirror is cold. b. Our breath contains water vapour.
c. Air becomes fog. d. The mirror produces steam.
5. The air we breathe out is warmer than the air we breathe in.
a. True b. False

II. Fill in the blanks to complete the sentences.

1. We breathe in _____ and breathe out _____.
2. We should always breathe through our _____ and not our mouth.
3. The passage in the nose behind the nostrils is called the _____.
4. Lungs are the breathing organ in which _____ are exchanged.
5. The windpipe branches into two smaller tubes called _____ at its lower end.

III. Match the following.

	COLUMN B		COLUMN B
1.	lungs	a.	helps to burn fire
2.	blowing air	b.	filters the air
3.	diaphragm	c.	openings in the nose
4.	nose	d.	helps in breathing
5.	nostrils	e.	sheet of muscles

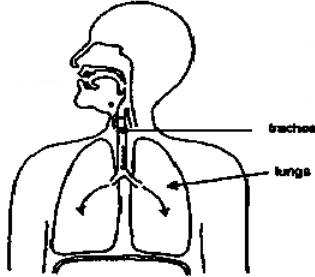
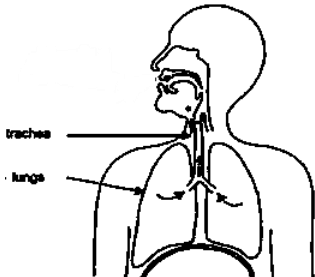
1. _____ 2. _____ 3. _____ 4. _____ 5. _____

IV. For question numbers 1 and 2, two statements are given - one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes a), b), c) and d) as given below.

- a) Both A and R are true, and R is the correct explanation of the A
- b) Both A and R are true, but R is not the correct explanation of the A.
- c) A is true but R is false.
- d) A is false but R is true.

		Statement	Answer
1.	Assertion	Air contains water vapour.	
	Reason	You can see mist on a mirror when you breathe on it.	
2.	Assertion	We should breathe through the nose.	
	Reason	The nose prevents oxygen from reaching the lungs too quickly.	

V. Observe the diagrams given below and provide responses to the questions that follow.

The diagram shows	While breathing _____	While breathing _____
During the process what happens to the following		
Rib cage		
Diaphragm		
Chest		
Air		

VI. Air blown is used to cool the things and to warm the things. Observe the pictures and write whether the air blown by us is used for warming or cooling.