



Department of Education  
Region V  
Division of Camarines Sur  
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NAME \_\_\_\_\_

SCORE \_\_\_\_\_

**Direction:** Choose and write the letter of the correct answer on space provided.

\_\_\_\_\_ 1. Which of the statements correctly describe the general functions of Skeletal system?

- I. It gives shape to the body
- II. It serves as framework of the body
- III. It protects the internal organs of the body
- IV. It converts energy, which enables the body to move

- A. I, II, III
- B. I, III, IV

- C. I, II, IV
- D. II, III, IV

\_\_\_\_\_ 2. It was Geraldine's birthday party, she invited all of her classmates. During the game, Justin wants to get toys in the "pabitin." Which muscles helped Justin to reach the prize?

- I. facial muscle      II. arm muscle      III. heart muscle      IV. leg muscle

- A. I and II
- B. II and III

- C. I and III
- D. II and IV

\_\_\_\_\_ 3. Every morning, Cyril joins zumba and jogs around in the park. After her activities, she sweats a lot. Why do you think so? It is because of the \_\_\_\_\_

- A. excessive movement of the body
- B. regulation of the body temperature
- C. contraction of muscles in the dermis
- D. relaxation of the muscles in the dermis

\_\_\_\_\_ 4. Which could be the functions of the muscular system?

- I. It allows us to move.
- II. It gives shape in our body.
- III. It provides the structural framework for the body.
- IV. It supports and makes our skeleton in the hands and other body parts steady.

- A. I, II, IV
- B. II and III

- C. I, II, and III
- D. I, II, III and IV

- \_\_\_\_\_ 5. Rio is ready for the school. He eats his breakfast at 6:00 o'clock in the morning and prepare himself for lunch. It takes his stomach 3-7 hours to be emptied. What is the best time for him to take his lunch? He will take his lunch at \_\_\_\_\_
- A. 12:00 o'clock noon                      C. 12:30 o'clock in the afternoon  
B. 11:30 o'clock in the morning              D. 1:00 o'clock in the afternoon
- \_\_\_\_\_ 6. How does digestion occur?
- A. esophagus -- mouth -- large intestine -- small intestine -- anus and rectum  
B. mouth -- stomach -- esophagus -- small intestine -- large intestine -- anus and rectum  
C. mouth -- esophagus -- stomach -- small intestine -- large intestine -- rectum and anus  
D. esophagus -- mouth -- small intestine -- esophagus -- anus and rectum -- large intestine
- \_\_\_\_\_ 7. Why is it important to promote healthful habit for our organs? To \_\_\_\_\_.
- A. avoid death  
B. have a happy personality  
C. keep our body away from diseases  
D. make our organs function properly
- \_\_\_\_\_ 8. How does the body use the energy released in its cells?
- A. To rest the body  
B. For making oxygen  
C. For muscles to move  
D. To lower body temperature
- \_\_\_\_\_ 9. When you inhale, how does the diaphragm behave as you breath in?
- A. sinks    C. expands  
B. relaxes    D. contracts
- \_\_\_\_\_ 10. Which of the following happens to air during the process of breathing?
- A. air gets warm  
B. air gives off oxygen  
C. air moves up and down  
D. air moves from area of higher pressure to an area of lesser pressure