



Body Systems and Senses

Name: _____

Date: _____

Grade: Grade 4

Part A: Multiple Choice

Circle the best answer for each question.

1. Which habit best supports a strong circulatory system?

- A) Skipping meals
- B) Watching TV all day
- C) Daily exercise
- D) Holding your breath

2. Which habit best helps the nervous system recover and work well?

- A) Getting enough sleep
- B) Eating only candy
- C) Staying up all night
- D) Skipping water

3. Which choice supports a healthy digestive system?

- A) Eating only fried snacks
- B) Eating fruits, vegetables, and whole grains
- C) Skipping breakfast every day
- D) Drinking only soda

4. Which habit helps protect the skeletal system and good posture?

- A) Slouching while sitting
- B) Avoiding all activity
- C) Sitting and standing with good posture
- D) Carrying very heavy backpacks daily

Part B: Fill in the Blank

Write the correct answer on each line.

1. Daily _____ helps keep the heart strong and improves blood flow.
2. Getting enough _____ each night helps the nervous system rest and reset.
3. Eating healthy _____ provides nutrients that fuel every body system.
4. Sitting and standing with good _____ keeps the spine and muscles in healthy alignment.
5. Drinking enough _____ supports digestion and helps blood flow through the body.

Part A: Multiple Choice

Circle the best answer for each question.

1. Which habit best supports a strong circulatory system?

- A) Skipping meals
- B) Watching TV all day
- C) Daily exercise
- D) Holding your breath

2. Which habit best helps the nervous system recover and work well?

- A) Getting enough sleep
- B) Eating only candy
- C) Staying up all night
- D) Skipping water

3. Which choice supports a healthy digestive system?

- A) Eating only fried snacks
- B) Eating fruits, vegetables, and whole grains
- C) Skipping breakfast every day
- D) Drinking only soda

4. Which habit helps protect the skeletal system and good posture?

- A) Slouching while sitting
- B) Avoiding all activity
- C) Sitting and standing with good posture
- D) Carrying very heavy backpacks daily

Part B: Fill in the Blank

Write the correct answer on each line.

1. Daily exercise helps keep the heart strong and improves blood flow.
2. Getting enough sleep each night helps the nervous system rest and reset.
3. Eating healthy food provides nutrients that fuel every body system.
4. Sitting and standing with good posture keeps the spine and muscles in healthy alignment.
5. Drinking enough water supports digestion and helps blood flow through the body.