

7/4/2020 answer

ANSWERS TO SELF TESTING EXERCISE 5.

1.Excretion is the process by which the body removes waste materials/products.

2.The kidney,the skin,the lungs,the liver.

3.The excretory system removes waste products from the body.

4.The skin excretes sweat.

-It stores fats that conserve energy and gives warmth to the body.

-It regulates body temperature.Tr.Jackson,HOW?...The skin sweats to cool down the body temperature when hot.When the body is feeling cold goose pimples form on the skin to prevent heat loss.

-It is a sensory organ for touch or feeling.HOW?....See MK Page 90-91 and read more other functions of the skin.

5*Bathe regularly with enough clean water and soap.

*Eat the right foods like fruits and vegetables rich in vitamin C to protect the skin against diseases.

*Report any skin related problems to the healthy worker.

*Avoid using strong chemicals in form of creams to the skin.

6.A..Renal artery. D...Ureter.

7.To filter blood and regulate the amount of salt and water in the body.

8.i)Lungs.....Asthma/kidney....Bilharzia/Skin....Ringworm.

9.The spiracles.

10.-Avoid smoking/cover the nose and the mouth with a handkerchief when coughing or sneezing./eat a balanced diet/take plenty of fluids eg water,tea,fruit juices/do regular body physical exercises.

NOTE; Tomorrow we shall start LIGHT ENERGY.Remember I promised to deal with MACHINES together with you as a class due to many calculations.So after this activity you can read ahead of the teacher.