

Riviera International Academy

Assignment-2077

(Bhadra 09, 2077, Tuesday)

Class: Seven

Subject- English

Revision work

1. Fill in the blanks choosing the correct word from the bracket.

- a. Do you take sugar _____ tea? (a/ an/ the)
- b. When my dog is hungry, I feed _____. (it/ them)
- c. Mangoes are among the _____ fruits. (sweet/ sweeter/ sweetest)
- d. The skies grew dark _____ it began to rain. (and/ but)
- e. I waited for _____ hour. (a/ an/ the)
- f. Somebody _____ stolen her purse. (has/ have)
- g. A cow is grazing _____ the field. (on/in)
- h. _____ tea in my cup is too hot to drink. (the/ a/ an)
- i. One of my books _____ very expensive. (is/are)
- j. Sabnam _____ know the answer. (doesn't/ don't)
- k. I am living here _____ April. (since/ for)
- l. Give me and my friend _____ books. (my/ us/ our)
- m. He made _____ awful mistake. (an/ a / the)
- n. He is the _____ person I' have ever seen. (helpful/ more helpful/ most helpful)
- o. Take a good look at _____. (himself/ yourself)
- p. Coffee is _____ popular drink. (a/ an/ the)
- q. This is the man _____ scared me. (who/ whose/ whom)

Subject- HPE

Topic - Urinary System

Study the following text and copy them down in your HPE's note copy (Reading):

What is the Urinary System?

- The urinary system is the system through which urine is produced, stored, and removed.
- Urine is the liquid waste formed in and excreted from the kidneys.
- Urine contains water, fluids, salts, proteins, hormones, metabolites, and other waste products.
- Urination is the process of expelling urine from the body, particularly from the bladder and through the urethra.

Functions

- The urinary system has more than one function in the body.

- It does not only eliminate urine but it also regulates blood pressure, blood composition, and blood pH.

Parts of the Urinary System

- The urinary system consists of two kidneys, two ureters, one bladder, one urethra, two sphincter muscles, and the nerves in the bladder.
- The urinary system works with the kidneys in excreting urine as well as keeping water in balance with other chemicals such as sodium and potassium.
- The kidneys are located below the ribs.
- The primary function of the kidneys is to filter fluid waste from the blood and eliminate it as urine.
- Another function of the kidneys is to keep the acid-base balance within the body.
- The kidneys also form erythropoietin, which is a hormone that helps form red blood cells.
- Each kidney consists of filtering units called nephrons.
- Nephrons filter urea from the blood.
- A nephron consists of a small renal tubule and tiny blood capillaries called glomerulus.
- Urea is formed when protein-filled foods are digested and broken down.
- Urea, when mixed with water and other substances, form urine.
- Urine then passes through the nephrons and the renal veins of the kidney.
- Urine is carried from the kidneys to the bladder through two ureters.
- Ureters are narrow, muscular tubes.
- The walls of a ureter press urine downward by flexing and relaxing.
- Small amounts of urine are carried into the bladder at intervals of 10 to 15 seconds.
- Adults excrete 0.8 to 2 liters of urine a day, depending on food and liquid consumption.
- Adults produce more urine in the day than at night.
- Urine is stored in the bladder.
- The bladder is located below the abdomen.
- When urine is stored, the walls of the bladder expand.
- An adult bladder can typically store up to two cups of urine for two to five hours.
- When urine is emptied, the walls of the bladder contract.
- The walls of the bladder have a coating that prevents bacteria from sticking to it.
- Normal urine is free of bacteria, fungi, and viruses.
- Around the opening of the bladder is where two sphincter muscles can be found.
- The tight closing of the sphincter muscles is what keeps urine from leaking out of the bladder.
- Nerves in the bladder are important because signals are sent to them when it's time to urinate.
- The urethra is a tube through which urine flows out from the body.
- Signals are sent from the brain to the muscles of the bladder which prompt them to contract and force urine out of the bladder.
- The brain also sends signals to the sphincter muscles to relax which lets urine pass outside the body.

Urinary Tract Diseases

- Diseases occurring in the urinary tract, particularly the bladder, kidneys, and urethra, are treated by urologists.
- At times, urologists work with nephrologists (who treat kidney diseases), endocrinologists (who treat endocrine diseases), and oncologists (who treat tumors) depending on the disease.
- When bacteria enter the urinary system, urinary tract infections (UTIs) occur.
- UTIs can occur in the kidneys, bladder, or urethra.
- UTIs are more common in women than men.
- According to the American Urology Association, approximately 8.1 million people in the United States get infected with UTI each year.
- The typical treatment for UTI is antibiotics.
- Urinary incontinence is another urinary disease, which is the lack of voluntary control when urinating.
- When a person has urinary incontinence, he or she may experience urine leaks, frequent urges to urinate, or incomplete emptying of the bladder (which causes overflow).
- To prevent urinary diseases, one should not hold in urine repeatedly and in prolonged periods of time.
- Treating urinary diseases involves medication, physical therapy, and even surgery.
- Other diseases of the urinary tract are the painful bladder syndrome (interstitial cystitis), prostatitis (swelling of the prostate gland in men), and kidney stones.
- Types of cancer affecting the urinary tract include kidney cancer, bladder cancer, urethral cancer, and ureteral cancer.

विषय – नेपाली

परियोजना कार्य १० गते भन्नु बुझाइसक।मौ खक परीक्षाको तयारी राम्रोसँग गर।

Subject- Science

- Define poikilothermic and homoeothermic animals.
- Mention the four characteristics of warm blooded animals.

The End.