

Oceans and Continents

Practice Worksheets — MCQs, Fill in the Blanks, True/False, Short Answers & Short Notes

Set A: Full Practice Worksheet

Name: _____ Roll No: _____ Class: _____

Section 1 — Multiple Choice Questions (1 mark each)

Tick (✓) the correct option.

1. Which ocean is the largest in the world?
(a) Atlantic Ocean (b) Indian Ocean (c) Pacific Ocean (d) Arctic Ocean
2. What fraction of the Earth's surface is approximately covered with water?
(a) One-fourth (b) Half (c) Three-fourths (d) One-tenth
3. Why is the Earth often called the 'blue planet'?
(a) Because of its blue sky (b) Because most of its surface is covered with water (c) Because of blue continents (d) Because of blue mountains
4. Which is the smallest of the five oceans?
(a) Indian Ocean (b) Southern Ocean (c) Arctic Ocean (d) Atlantic Ocean
5. Which continent is known as the coldest continent on Earth?
(a) Asia (b) Antarctica (c) Europe (d) Australia
6. Which is the largest island in the world?
(a) Madagascar (b) Sri Lanka (c) Greenland (d) Iceland
7. In the most widely used count, how many continents are there?
(a) Four (b) Five (c) Six (d) Seven
8. Which two parts of the Indian Ocean lie on either side of India?
(a) Pacific and Atlantic (b) Arabian Sea and Bay of Bengal (c) Red Sea and Black Sea (d) Arctic and Southern Ocean
9. What usually causes a tsunami?
(a) Heavy rainfall (b) Strong winds only (c) An earthquake or volcanic eruption under the ocean (d) Ocean pollution
10. Which day is observed as World Oceans Day?
(a) June 5 (b) June 8 (c) March 22 (d) April 22

Section 2 — Fill in the Blanks (1 mark each)

1. A large continuous expanse of land is called a _____.
2. The largest ocean in the world is the _____ Ocean.
3. Land covers a little over _____ of the Earth's surface.
4. The Indian Navy's motto 'Sam noh Varunah' is an invocation to _____, the Vedic deity of the oceans.
5. India's first Antarctic research station, established in 1983, was called _____.
6. The _____ Islands lie in the Bay of Bengal, while the _____ Islands lie in the Arabian Sea.
7. On 26 December 2004, a powerful _____ struck India and 13 other countries around the Indian Ocean.
8. More than half of the world's _____ is produced by the oceans' flora.
9. A small piece of land surrounded by water on all sides is called an _____.
10. The body that deals with disasters in India is called the _____.

Section 3 — True or False (1 mark each)

1. Oceans cover about three-fourths of the Earth's surface.
2. The Arctic Ocean is the largest ocean in the world.
3. Continents are also surrounded by water but are too large to be called islands.
4. Europe and Asia together form a single landmass, sometimes called 'Eurasia'.
5. Freshwater makes up the majority of the planet's water resources.
6. The Indian Ocean's boundaries include Asia to the north and Africa to the west.
7. Overfishing has no effect on marine life.
8. Greenland is smaller than most Indian states.
9. The Olympic rings represent five inhabited continents.
10. Tsunamis can travel only a few kilometres before losing strength.

Section 4 — Answer in Two Lines (2 marks each)

1. What is an ocean?

2. What is a continent?

3. Name the five oceans from largest to smallest.

4. Why is the Earth called the 'blue planet'?

5. What is a tsunami?

6. Name two islands/island groups of India and the sea each is located in.

7. What is the Indian Ocean Tsunami Warning System?

8. Why are oceans called the 'planet's lungs'?

9. What is groundwater?

10. Name any two ways humans have used oceans since early times.

Section 5 — Write Short Notes (4-5 points, 5 marks each)

1. Describe the distribution of water and land on Earth's surface, including the difference between the two hemispheres.

2. Explain how continents can be counted differently, giving the four different counts.

3. Describe the impact of oceans on climate and life on Earth.

4. Write a short note on the 2004 Indian Ocean tsunami and the disaster management measures taken since then.

5. Describe how oceans are affected by human activities and why they need protection.

ANSWER KEY — Set A**Section 1 — Multiple Choice Questions**

1. (c) Pacific Ocean
2. (c) Three-fourths
3. (b) Because most of its surface is covered with water
4. (c) Arctic Ocean
5. (b) Antarctica
6. (c) Greenland
7. (d) Seven
8. (b) Arabian Sea and Bay of Bengal
9. (c) An earthquake or volcanic eruption under the ocean
10. (b) June 8

Section 2 — Fill in the Blanks

1. continent
2. Pacific
3. one-fourth
4. Varuna
5. Dakshin Gangotri
6. Andaman and Nicobar; Lakshadweep
7. tsunami
8. oxygen
9. island
10. National Disaster Management Authority (NDMA)

Section 3 — True or False

1. True — Water covers almost three-fourths of the Earth's surface.
2. False — The Pacific Ocean is the largest; the Arctic Ocean is the smallest.
3. True — This is exactly how the chapter distinguishes continents from islands.
4. True — Geologists often regard them as one continent, Eurasia.
5. False — Most of the planet's water is salty ocean water; freshwater is a very small proportion.
6. True — As stated in the chapter, with Australia to the east and the Southern Ocean to the south.
7. False — Overfishing is a cause of the decline of marine life.
8. False — Greenland is so large that the areas of the 10 largest Indian states together would be needed to match its size.
9. True — They represent Africa, America, Asia, Australia and Europe.
10. False — Tsunamis can travel thousands of kilometres.

Section 4 — Answer in Two Lines

1. An ocean is one of the very large water bodies on Earth's surface. Oceans together hold most of the planet's water.
2. A continent is a large, continuous expanse of land. The most common count gives seven continents.
3. Pacific, Atlantic, Indian, Southern (Antarctic) and Arctic Ocean, in that order.
4. Because almost three-fourths of its surface is covered with water, which appears blue from space.
5. A tsunami is a huge, powerful ocean wave, usually caused by a strong earthquake or a volcanic eruption at the bottom of the ocean.
6. The Andaman and Nicobar Islands lie in the Bay of Bengal, and the Lakshadweep Islands lie in the Arabian Sea.

7. It is an early warning system, involving many countries including India, that helps detect tsunamis before they hit the coast.
8. Because more than half of the world's oxygen is produced by the oceans' flora, such as algae.
9. Groundwater is freshwater that is found underground, one of the sources of the planet's limited freshwater.
10. Humans have used oceans to migrate to other regions and to trade goods; oceans have also been used for fishing and military campaigns.

Section 5 — Short Notes

1. Distribution of Water and Land on Earth's Surface

- Almost three-fourths of the Earth's surface is covered by water, while a little over one-fourth is covered by land. This is why Earth appears blue from space.
- The largest water bodies are called oceans, while large continuous expanses of land are called continents.
- Oceans and continents are not equally distributed between the Northern and Southern Hemispheres.
- The Northern Hemisphere has more land than the Southern Hemisphere.
- The oceans together contain most of Earth's water, but most of this is salty seawater and cannot be consumed by humans and most land animals. Freshwater forms only a small proportion of Earth's water.

2. How Can Continents Be Counted Differently?

The number of continents can range from **four to seven**, depending on how different landmasses are grouped.

Number	Continents
4 continents	Africa-Eurasia, America, Antarctica, Australia
5 continents	Africa, America, Antarctica, Australia, Eurasia
6 continents	Africa, Antarctica, Australia, Eurasia, North America, South America
7 continents	Africa, Antarctica, Asia, Australia, Europe, North America, South America

Why are there different counts?

- **North America and South America** are generally treated as two continents, but they can also be considered one landmass called **America**.
- **Europe and Asia** form one continuous landmass, so geologists may consider them a single continent called **Eurasia**.
- **Africa and Eurasia** may also sometimes be considered as one.
- The **seven-continent model** is the most widely adopted.

3. Impact of Oceans on Climate and Life on Earth

- Oceans play a vital role in **shaping Earth's climate**.
- Oceans are an important part of the **water cycle** because they provide water that eventually falls as rainfall on the continents.
- Without oceans, there would be **no rainfall**, and the Earth would become a desert.
- More than half of the world's oxygen is produced by **ocean flora**, which is why oceans are called **“the planet's lungs.”**
- Oceans help to **regulate climate and sustain life** on Earth.

- Oceans also provide food through **fishing** and have supported migration and trade throughout human history.
- They have influenced the cultures, stories and traditions of **coastal communities** around the world.

4. The 2004 Indian Ocean Tsunami and Disaster Management

- On **26 December 2004**, a powerful tsunami struck India and **13 other countries around the Indian Ocean**.
- It was caused by a powerful **earthquake in Indonesia**.
- More than **two lakh people lost their lives**.
- In India, the **Andaman and Nicobar Islands** and the coasts of **Tamil Nadu and Kerala** were severely affected.
- The tsunami caused extensive **damage and loss of life** in the affected coastal areas.
- Tsunamis are rare but can be extremely destructive.
- Since then, countries have worked together through **early warning systems** to detect tsunamis before they reach coastal areas.
- The **Indian Ocean Tsunami Warning System**, in which India and other countries participate, helps protect lives and property.
- India also has the **National Disaster Management Authority (NDMA)** to deal with disasters.

5. Human Activities Affecting Oceans and the Need for Protection

- Human activities have caused serious **pollution of the oceans**.
- Millions of tonnes of **plastic waste** enter the oceans every year and can harm marine life.

- There are also several other forms of ocean pollution that threaten the **marine environment**.
- **Overfishing**, or excessive fishing, has contributed to the decline of marine life.
- Pollution and overfishing can damage ocean ecosystems and reduce marine biodiversity.
- Oceans are essential for climate regulation, oxygen production, food and human activities.
- Therefore, protecting oceans is a **collective responsibility** for the future of the planet and humanity.