



SHREE VASISHTHA VIDHYALAYA

Science Worksheet 2024-25



Name : - _____

Std.:- V - _____

Roll No. :- _____ Worksheet No. TA-1-01

Date : - _____

Ch-4 The Nervous System,

Ch-5 Health and Diseases

Q-1 Choose the correct option.

- 1) _____ are body building food.
 a) Carbohydrates b) Vitamins ☒ c) Proteins
- 2) Which of the following is not a major source of carbohydrates?
 a) Potatoes b) Milk ☒ c) Eggs
- 3) _____ keeps our body in a fit and healthy condition.
 a) Sleep ☒ b) Exercise c) Rest
- 4) Which of the following is the sense organ of touch and feeling?
 a) The eye b) The nose ☒ c) The skin
- 5) Lack of vitamin _____ causes night blindness.
☒ a) A b) B c) C
- 6) _____ is a rich source of calcium.
 a) Bread ☒ b) Cheese c) Fish
- 7) The mosquito which causes malaria.
 a) Aedes ☒ b) Anopheles. c) Culex
- 8) The nervous system is the _____ of the body.
☒ a) Control centre b) Data centre c) Nerves centre

Q-2 Fill in the blanks.

- 1) Roughage helps the body to get rid of the waste and keep the bowels clean.
- 2) We can see an object with the help of our eyes and brain
- 3) Due to exercise, our sweat glands become more active.
- 4) Proper rest makes us fresh and active.
- 5) The pores on the skin help the heat of the body to escape in the form of sweat.
- 6) Deficiency diseases caused by the lack of some particular nutrient.
- 7) Lack of vitamin B causes problems of heart, nerves and brain.
- 8) Goitre disease is commonly found in Himalayan region.

Q-3 Write T for True and F for false.

- 1) Chickenpox spreads through air. T
- 2) Lack of vitamin B causes scurvy. F
- 3) To prevent iron deficiency you should eat potatoes. F
- 4) Sunrays are natural disinfectants. T
- 5) The space between the skull and the brain is empty. F
- 6) Non communicable diseases spread from one person to another. F
- 7) Bacteria and fungi are germs. T
- 8) Plucking a flower is a reflex action. F

Q-5 Give one example:

- 1) A deficiency disease
- 2) A sense organ

Goitre, Scurvy
Skin, eye

- 3) A food having iron
- 4) A nutrient

apple, brinjal
protein, vitamin

Q-4 Match the following.

- A
- 1) Rickets
 - 2) Auditory Nerve
 - 3) Scurvy
 - 4) Roughage
 - 5) Beriberi
 - 6) Vaccination

- B
- a) loosening of teeth
 - b) due to lack of vitamin B
 - c) found in vegetables and fruits
 - d) due to lack of vitamin D
 - e) carries the message to brain
 - f) process of developing immunity to a disease

- 1- d
- 2- e
- 3- c
- 4- c
- 5- b
- 6- f

Q-6 Answer in one word:

- 1) Tiny organisms which cause diseases germs
- 2) The mosquito which causes dengue aedes
- 3) Part of the eye which is like film in camera retina
- 4) The nerves which cause movement of muscles motor nerves

Q-7 Think and answer:

- 1) Sid was feeling tired and looked pale for a few days. The doctor advised him to eat lots of pulses, spinach, jaggery and egg yolks. Which nutrient is lacking in his diet? Which deficiency diseases is caused by it?

Sid looked pale and tired for few days because he was suffering from anemia, a deficiency disease caused due to lack of iron. Doctor advised him to eat pulse, jaggery and egg yolks because they are iron-rich food.

- 2) How can we protect people from many diseases?

We can protect people from many diseases by improving their immunity against diseases. This can be done by vaccination or inoculation.

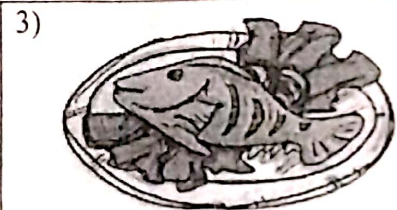
Q-8 Identify the given picture and write the name of nutrient.



Calcium



Vitamin B



Iodine