



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

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

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

### Q-5 Give one example:

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

3) A food having iron

4) A nutrient

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**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- \_\_\_\_\_
- 2- \_\_\_\_\_
- 3- \_\_\_\_\_
- 4- \_\_\_\_\_
- 5- \_\_\_\_\_
- 6- \_\_\_\_\_

**Q-6 Answer in one word:**

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

**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?

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

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

1) 	2) 	3) 

