



# SHREE VASISHTHA VIDHYALAYA

## Science Worksheet 2025-26



Name : -

Roll No. :-

## Worksheet No.Term 1-01

Std.: - V -

Date : -

## Chapter 5 : Health and Disease

### **Q-1) Choose the correct option:**

## **Q-2)Fill in the blanks**

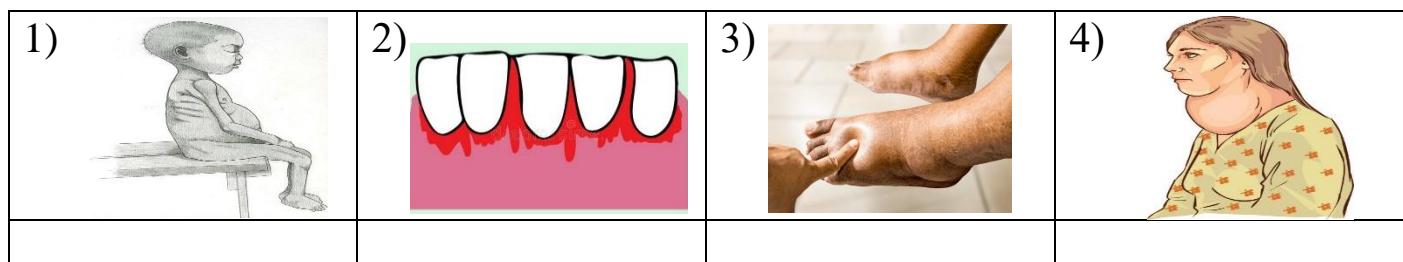
1. A \_\_\_\_\_ diet helps us stay healthy.
2. \_\_\_\_\_ is commonly found in Himalayan regions.
3. \_\_\_\_\_ is the state of physical and mental well being.

4. Washing hands before meals helps prevent \_\_\_\_\_ diseases.
5. \_\_\_\_\_ is a disease caused due to lack of iron.
6. \_\_\_\_\_ is used to kill germs in drinking water.
7. \_\_\_\_\_ disease spreads from one person to another.
8. Our body needs \_\_\_\_\_ hours of sleep daily for good health.
9. \_\_\_\_\_ are given to prevent diseases.
10. \_\_\_\_\_ is present in most of the sea food.

### Q-3) Match the Following

Column A	Column B	Ans-
1) Malaria	a) infected food	1-----
2) Goitre	b) Through insects	2-----
3) Beri-beri	c) cannot see in dim light	3-----
4) food poisoning	d) Deformed legs	4-----
5) Rickets	e) Swelling of throat glands	5-----
6) Night blindness	f) affects nerves and muscles	6-----

### Q-4) Identify and write the name of disease.



### Q-5) Think and Write the answer in your own words:

- 1) What will happen if you eat only fruits and vegetables in your diet?

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### Q-6) Case Study

Ravi eats a lot of street food, rarely washes his hands, and often drinks water from roadside vendors. Recently, he has been feeling very weak and gets fever with stomach pain.

#### Answer the questions:

- 1) What disease could Ravi be suffering from?
  - a) Flu
  - b) Typhoid
  - c) Asthma
- 2) Which habit of Ravi should he improve to stay healthy?
  - a) Drinking clean water
  - b) Playing more video games
  - c) Sleeping less
- 3) Ravi should avoid eating \_\_\_\_\_ food.
  - a) home
  - b) Street
  - c) healthy