



Name : - \_\_\_\_\_

Std.:- V - \_\_\_\_\_

Roll No. :- \_\_\_\_\_

Worksheet No. Term 1-01

Date : - \_\_\_\_\_

### Chapter 5 : Health and Disease

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

1. Which of the following is a communicable disease?  
a) Diabetes                                      b) Tuberculosis                                      c) Cancer
2. Malaria is spread by:  
a) Housefly                                      b) Mosquito                                      c) Ant
3. Which of these is caused due to lack of Vitamin C?  
a) Night blindness                                      b) Scurvy                                      c) Rickets
4. Which of the following diseases is caused by the deficiency of protein?  
a) Kwashiorkor                                      b) Night blindness                                      c) Beri - beri
5. A healthy lifestyle includes:  
a) Eating junk food                                      b) Sleeping late                                      c) Exercising daily
6. Which disease is caused by a virus?  
a) Typhoid                                      b) Flu                                      c) Cholera
7. Germs can be killed by:  
a) Playing in dirt                                      b) Washing hands                                      c) Sharing combs
8. Which of these spreads through contaminated water?  
a) Dengue                                      b) Typhoid                                      c) Diabetes
9. Which of the following is a disease caused by malfunctioning of organ?  
a) Diabetes                                      b) Typhoid                                      c) cholera
10. Germs can spread through:  
a) Clean water                                      b) Coughing and sneezing                                      c) Exercise
11. Malaria is caused by:  
a) Bacteria                                      b) Virus                                      c) Parasite
12. A healthy diet includes:  
a) Only fats                                      b) Junk food                                      c) Balanced food
13. Which organ is affected by jaundice?  
a) Heart                                      b) Liver                                      c) Lungs
14. Vaccination helps in:  
a) Spreading diseases                                      b) Preventing diseases                                      c) Increasing weight

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

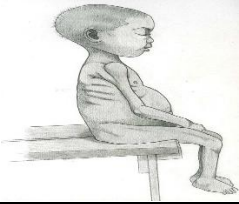



1. A \_\_\_\_\_ diet helps us stay healthy.
2. \_\_\_\_\_ is commonly found in Himalayan regions.
3. \_\_\_\_\_ is the state of physical and mental well being.

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.

1) 	2) 	3) 	4) 

### 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