



# SHREE VASISHTHA VIDHYALAYA

## Science Worksheet 2025-26

Name :- Answer Key

Roll No. :-

Worksheet No. Term 1-01

Std.:- V -

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/ protozoa
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 balanced diet helps us stay healthy.
2. Goitre is commonly found in Himalayan regions.
3. Health is the state of physical and mental well being.

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

### Q-3) Match the Following

#### Column A

- 1) Malaria
- 2) Goitre
- 3) Beri-beri
- 4) food poisoning
- 5) Rickets
- 6) Night blindness


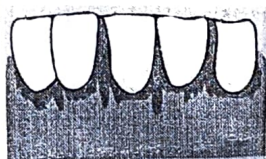
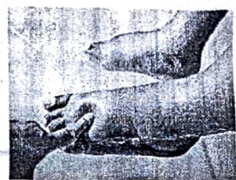

#### Column B

- a) infected food
- b) Through insects
- c) cannot see in dim light
- d) Deformed legs
- e) Swelling of throat glands
- f) affects nerves and muscles

#### Ans-

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

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

1) 	2) 	3) 	4) 
Kwashiorkor	Scurvy	Rickets	Goitre

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

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

If we eat only fruits and vegetables in our diet then we will not get all the nutrients and may suffer from deficiency diseases.

### 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