

**ST THOMAS SCHOOL INDIRAPURAM**

**WORKSHEET**

**CLASS V – SCIENCE**

**CHAPTER 5 FOOD AND HEALTH**

**I FILL THE BLANKS**

1. The red pigment present in the blood is \_\_\_\_\_
2. Overeating of fatty foods cause \_\_\_\_\_
3. Malaria is caused by a protozoan germ called \_\_\_\_\_
4. Sunlight helps the body to make Vitamin \_\_\_\_\_

**II WRITE THE FULL FORM**

1. AIDS \_\_\_\_\_
2. RBC \_\_\_\_\_

**III GIVE REASONS**

1. Proteins are called body building foods.
2. Deficiency diseases are non-communicable diseases.

**IV RIDDLES: Who am I ?**

1. You need this nutrient more than your mother. \_\_\_\_\_
2. Spinach and dates have plenty of me. \_\_\_\_\_
3. I am full of energy, yet people avoid me. \_\_\_\_\_

**IV ANSWER THE FOLLOWING**

1. What is Kwashiorkor? What are its symptoms?
2. Suggest any five methods to prevent communicable diseases.
3. Write two diseases that are caused by (a) Virus (b) Bacteria.
4. What is immunity? Name two diseases that can be prevented by vaccinations.
5. How do communicable diseases spread from one person to another?

**V Draw the following:**

1. Two food sources rich in Vitamin A.
2. Two food sources rich in Vitamin C.