

CLASS – 5

SUBJECT-SCIENCE WORKSHEET (CHAPTER 3)

TOPIC: THE HUMAN BODY

SYNOPSIS:-

- A good or balanced diet means a good or balanced quantity of the different kinds of food our body needs-neither too little nor too much.
- Different nutrients required by the body are:-
 - Carbohydrates
 - Proteins
 - Fats
 - Minerals
 - Vitamins
- Vitamins keep our body fit, improve our appetite and enable us to fight diseases.
- Growing children must have food that contains bodybuilding proteins.
- Carbohydrates in cereals, bread, sugar and potatoes give us the energy, required for work and play.
- There are two types of diseases:-
 - Non-communicable diseases
 - Communicable diseases
- Prevention and Control Of Diseases:-
 - Vaccination
 - Inoculation
- Some preventive measures of Community Sanitation are:-
 - Exposed garbage and other waste materials help in breeding of flies, mosquitoes and other insects which carry the germs of diseases. Therefore, proper and quick disposal of waste is essential for the health of the community.
 - Rubbish, garbage and waste from the houses, from animal and vegetable sources, should be deposited in compost pits.
 - We should not burn the waste materials instead dumping them in the open.
 - We should take care of to keep our surroundings clean and safe from flies, mosquitoes, rats. etc.
 - Do not throw garbage everywhere.
- Three important steps that need to be taken for waste disposal are:-

- Quick collection
- Effective transportation
- Proper disposal

I. Fill in the blanks:-

1. The first vaccination was tried by _____ in _____.
2. An _____ is given to a person by injecting a small dose of the germs that cause the disease.
3. Lack of iodine in our food or water causes _____.
4. _____ is caused by Vitamin D.
5. Growing children must have food that contains _____ proteins.

II. Name them:-

1. Two sources of Vitamin C.
2. Two sources of proteins.
3. Two diseases caused by insect bites.
4. Two diseases caused by bacteria.
5. The disease caused due to deficiency of iron.
6. The disease caused by lack of Vitamin A.

III. Answer the following questions:

1. What is known as balanced diet?
2. What are the uses of vitamins?
3. What is meant by non-communicable diseases? Give examples.
4. What is meant by communicable diseases? How does it spread?
5. What are the three important steps that need to be taken for waste disposal?
6. What we should do to control the spread of diseases?

IV. Complete the following exercise at the end of the chapter:-

Exercise D on Page 42

- V. Draw the diagram of Sources of Vitamin A,B,C and D on Page 37

Please refer to the links below:- 

<https://youtu.be/7FJKxHcITeI>

