

# Welland Gouldsmith School

Worksheet

Class: V

Subject: Science

Chapter: The Human Body – A Wonderful Machine

## SYNOPSIS

All types of food contain substances which the body requires. The body needs carbohydrates, proteins, minerals, fats and vitamins.

There are two kinds of deficiency diseases Communicable and Non Communicable.

Vaccination and Inoculation improves the resistance of persons towards diseases.

We should keep our surrounding clean to prevent the spread of communicable diseases.

Garbage and waste from the house should be thrown in the composed pits.

## The work to be done in your Science Exercise Book

### 1. Name them.

- Name 5 nutrients. \_\_\_\_\_
- Name two protein giving food. \_\_\_\_\_
- Name two Communicable disease. \_\_\_\_\_
- Name two Non- Communicable disease. \_\_\_\_\_
- Name two disease caused through air. \_\_\_\_\_
- Name two disease caused by insect bites. \_\_\_\_\_

### Q2. Fill in the blanks.

- \_\_\_\_\_ keep our body fit and improves our appetite.
- \_\_\_\_\_ gives us heat and energy.
- \_\_\_\_\_ lack of this vitamin causes night blindness.
- Vitamin C deficiency causes - \_\_\_\_\_
- Lack of iodine causes \_\_\_\_\_
- The first vaccination against small pox was tried by \_\_\_\_\_

**Q3. Match the following.**

COLUMN A

- A. Anaemia.
- B. Tuberculosis.
- C. Malaria.
- D. Through Air
- E. Drinking water.
- F. Garbage.

COLUMN B

- 1. Bacteria
- 2. Potassium Permanganate
- 3. Composed Pit.
- 4. Iron
- 5. Protozoa
- 6. Flu

**Q4. Define Communicable disease.**

**Q5. Give the functions of the nutrients.**

- 1- Vitamin B1-
- 2. Vitamin D-
- 3- Vitamin B 12

**Q6. Name two sources of the following.**

1. Carbohydrates-

2. Fats-

3. Minerals-

4. Vitamin B1-

5. Vitamin C -

6. Vitamin D-