

Garia Academy (Model)
Class-V
Sub- Science
Chapter-8
Deficiency and Diseases

A) Fill in the blanks..

- 1) Lack of vitamin A causes dry, scaly skin.
- 2) Fermented foods like idli are healthy.
- 3) Goitre is caused due to the lack of Iodine.
- 4) Iron deficiency results in anaemia.
- 5) Diarrhoea leads to the loss of body fluids.
- 6) We must eat a balanced diet.

B) Answer the following..

- 1) What is a balanced diet?

Ans- Food containing all nutrients such as carbohydrate, proteins, fats, minerals and vitamins forms a balanced diet.

- 2) What are nutrients?

Ans- Nutrients like carbohydrate, proteins, fats, vitamins and minerals are present in different foods.

- 3) How does roughage help our body?

Ans- Roughage helps in digestion and excretion.

- 4) What are deficiency diseases?

Ans- Lack or shortage of nutrients can cause harm and damage to the body. This leads to deficiency diseases.

- 5) Name two symptoms caused due to the deficiency of proteins and carbohydrates?

Ans- i) The child becomes listless and remains inactive.

ii) The child is irritable, tired and skin loses its glow.

C) State the functions of the following..

- 1) **Carbohydrate**: provide us energy.
- 2) **Proteins**: Helps in building body tissues.

- 3) **Fats:** Store energy in our body.
- 4) **Vitamins and minerals:** helps in heal wounds, boost immune system.
- 5) **Water and Roughage:** Helps in digestion and excretion.

D) Match 'A' with 'B'..

1) Vitamin-A	a) Rickets
2) Vitamin-B	b) Anaemia
3) Vitamin-C	c) Stomach and intestinal disorder
4) Vitamin-D	d) Night Blindness
5) Minerals	e) Scurvy

Ans- (1-d),(2-c),(3-e),(4-a),(5-b).

E) Tick the correct answer...

- 1) Helps in building the body tissues.
a) Fats b) Carbohydrates c) **Proteins** d) Water
- 2) are caused due to deficiency of vit-D in the diet.
a) **Rickets** b) Anaemia c) Goitre d) Night-Blindness
- 3) Animal liver is the source of vitamins And
a) **A,B** b) B,C c) C,D d) A,D
- 4) Eating Vegetables is not good as they lose their nutrients.
a) Undercooked b) **overcooked** c) raw d) unwashed
- 5) can be made by mixing wheat, maize, gram flours.
a) Idli b) Dhokla c) **Chapattis** d) Rice

F) Underline the correct word...

- a) Vegetables should be washed before/after cutting or chopping them.
- b) Food should be cooked in excess/sufficient amount of water.
- c) Food that is overcooked retains/loses its nutrients.
- d) Water used for boiling vegetables should be/should not be thrown away.
- e) Water helps/stops functioning of our body systems.

Chapter-9

Communicable diseases

A) Fill in the Blanks...

- 1) Diarrhoea spreads through consuming contaminated food and water.
- 2) Take medicine only with the advice of a doctor.
- 3) The BCG vaccination is given to newborn babies.

B) Answer the following...

- 1) What is communicable diseases?
Ans- Diseases which spread by pathogens from an infected person to another person are called communicable diseases.
- 2) How are communicable diseases spread?
Ans- communicable diseases can spread through direct contact between two persons.
- 3) Where do bacteria occur?
Ans- Bacteria occur everywhere on earth.
- 4) Which diseases are prevented by BCG and DPT vaccines?
Ans- Tuberculosis by BCG and Diptheria, Whooping cough and Tetanus by DPT.
- 5) What kind of food should be avoided?
Ans- Non hyginenic and uncovered food should be avoided.
- 6) How can we prevent breeding of mosquitoes?
Ans- We need to clean stagnant water so mosquitoes does not breed.

C) Write 'T' for true and 'F' for False...

- 1) When the body is weak it gets infected easily. **[T]**
- 2) A person becomes infected when he comes in direct contact with a person suffering from a contagious diseases. **[T]**
- 3) Diseases like measles and chickenpox spread through water and food. **[F]**
- 4) Malaria and dengue fever are carried by mosquitoes. **[T]**
- 5) Drains and garbage dumps should always be covered and cleaned regularly. **[T]**

6) Diarrhoea causes loss of body weight. [T]

D) Name the diseases caused by...

- 1) **Bacteria:** Tuberculosis, cholera, Typhoid.
- 2) **Viruses:** Cold, Rabies, polio, Corona
- 3) **Protozoa:** Malaria, Dysentery

E) Write the names of three diseases that spread through....

Air: Common cold, Diptheria, Influenza

Food and Water: Diarrhoea, Typhoid, Cholera

Direct contact: Scabies, Laprosy, Skin diseases

Insect Bites: Malaria, Dengue, Yellow fever