

BIJENDRA PUBLIC SCHOOL

Class - 5

Subject - SCIENCE

Chapter - 3 HEALTH AND DISEASES

A. Objective type questions.

1. Circle the correct answer.

a. This is a carbohydrate rich food.

Ans. Bread

b. This disease cause swelling of throat region.

Ans. Goitre

c. Which of these is a communicable disease?

Ans. Measles

d. These are harmful microbes that spreads diseases.

Ans. Germs

2. Match the following.

a. Vaccination - Prevention

b. Deficiency disease - Rickets

c. Lifestyle disease - Obesity

d. Communicable disease - Chickenpox

3. Rewrite the sentences correctly.

a. The substances present in food that make us strong, and give us energy are called proteins.

Ans. The substances present in food that make us strong, and give us energy are called nutrients.

b. To keep healthy, we should exercise without any rest.

Ans. To keep healthy, we should exercise along with rest.

c. Deficiency diseases are communicable diseases.

Ans. Deficiency diseases are non communicable diseases.

d. Communicable diseases are caused by useful microbes.

Ans. Communicable diseases are caused by harmful microbes.

5. Tick the odd one.

a. Proteins, Fats, Carbohydrates, Scurvy

Ans. Scurvy

b. Anaemia, Cholera, Scurvy, Rickets

Ans. Cholera

c. Goitre, Obesity, Heart disease, Diabetes

Ans. Goitre

d. Chickenpox, Diabetes, Cholera, Measles

Ans. Diabetes

6. Give one word answers -

a. A deficiency disease that makes bones soft and weak.

Ans. Rickets

b. A condition of the body where a part of the body becomes unhealthy.

Ans. Diseases

c. Diseases that are passed on from one person to another

Ans. Communicable diseases

d. Harmful microbes.

Ans. Germs

B. Subjective - type questions

1. Short answer questions.

a. Name any two nutrients that provide energy to the body.

Ans. The two nutrients that provide energy to the body are fats and carbohydrates.

b. What are the two main groups of diseases?

Ans. The two main groups of diseases are - Communicable diseases and Non communicable diseases.

c. Define the following:

i. Microbes

Organisms that are so small that we need special instruments called microscopes to see them are called microbes.

ii. Balanced diet

A diet that contains sufficient amounts of all nutrients as well as enough water and roughage is called a balanced diet.

iii. Deficiency diseases

The diseases caused by the shortage of adequate nutrients in the body are called deficiency diseases.

2. Long answer questions.

a. Differentiate between communicable and non-communicable diseases.

Ans. **Communicable diseases**

i. Diseases that are passed on from one person to another are called communicable diseases.

ii. They are caused by germs.

Example: Chickenpox, common cold

Non-Communicable diseases

i. Diseases that are not passed on from one person to another are called non communicable diseases.

ii. They are caused due to lack of nutrients.

Example: Rickets, scurvy

b. Mention any four diseases along with the symptoms..

Ans,	Vitamins/Minerals	Diseases	Symptoms
	i. Vitamin A	Night blindness	Poor vision in dim light
	ii. Vitamin B	Beri beri	Loss of weight.
	iii. Iron	Anaemia	Headache, weakness
	iv. Calcium	Rickets	Weakness

c. What cause lifestyle diseases? Name any one lifestyle disease.

Ans. When people as a part of their lifestyle eat excess fatty food and do not exercise it causes lifestyle diseases. One example is obesity.

d. What are the four types of microbes? Name a disease caused by each type.

Ans. The four types of microbes are virus, bacteria, fungi and protozoa.

Disease caused by them are:

- i. Virus - Common cold
- ii. Bacteria - Typhoid
- iii. Fungi - Ringworm
- iv. Protozoa - Malaria

e. How can we prevent the spread of diseases?

Ans. We can prevent the spread of diseases in the following ways:

- i. We should keep our surroundings clean to control spreading of germs.
- ii. We should stay away from infected persons as much as possible.
- iii. We should maintain good personal hygiene habits to remain healthy.