



INDIAN SCHOOL NIZWA - WORKSHEET

SCIENCE LESSON 2- FOOD AND HEALTH

Name: _____ Date: / /2025 Class: V Sec: ____

I. Fill in the blanks with correct words.

1. _____ is the state of complete physical and mental well being.
Carbohydrates, proteins, fats, vitamins and minerals are the main _____
2. _____ present in food.
Diseases which cannot be transmitted from one person to another are called _____
3. _____ diseases.
4. The disease is caused due to deficiency of vitamin C is _____.
5. Diseases like _____ and _____ are spread by bite of mosquitoes
6. Deficiency diseases can be prevented by taking a _____
7. _____ must be done to prevent many diseases like measles, chickenpox.
8. _____ acts as the medium of transport of nutrients inside our body.
9. Anaemia is an example of _____ disease.
10. Night blindness is a deficiency disease caused by the lack of _____

II. Complete the table given

Component of food	Function	Sources
1. Carbohydrates		
2. Proteins		
3. Fats		
Vitamins & Minerals		



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IV. Match the following.

Column A

- (i) Health
- (ii) Protein
- (iii) Carbohydrates
- (iv) Disease
- (v) Obesity

Column B

- (a) Provides Energy
- (b) Defect or abnormality in the body
- (c) State of physical and mental well being
- (d) Junk food
- (e) Helps to grow and repair worn out tissues

V. **Names of some diseases are given below. Sort them into communicable, non-communicable and deficiency diseases.**

Tuberculosis, Rickets, Beriberi ,Goitre,Typhoid, Diabetes, Scurvy,Common cold, Pneumonia
Diarrhoea, Chickenpox, Arthritis, Heart attack, Cancer, Obesity, Anaemia, Malaria

Communicable diseases	Non-communicable diseases

VI Give reasons:

1. Jose usually plays chess and John plays football. John will need more carbohydrates than Jose.



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Rimmie is suffering from chicken pox. Her mother does not allow her to play.

2.
