

WORK SHEET

SUBJECT- EVS

Chapter-3: Eat Well To Be Healthy, Chapter-4: How Diseases Spread

CLASS- V

Date-30.7.14

Q1. Rearrange the jumbled words :-

- | | |
|--|-----------------|
| a) Lack of Vitamin A in the diet causes | GTNIHIDNBNSSES. |
| b) This mineral is present in common salt | ONIDEI. |
| c) This nutrient helps us to grow properly | NTOPESIRD. |
| d) Makes our bones & teeth strong | LIMCUCA. |
| e) This lays eggs in rotting garbage | YEFOULHS. |
| f) Disease in which a person losses a lot of water | HEAOTRDYIND |

Q2. Name them :-

- a) Two diseases caused by germs.
- b) Two ways in which diseases spread from one person to another.
- c) Two things we use to make ORS.
- d) Two things that have carbohydrates.
- e) Two deficiency diseases.

Q3. Differentiate between :-

- a) Diet & Nutrient
- b) Communicable and non-communicable disease

Q4. Tick the correct answer :-

- a) Lack of iron in the body causes Anaemia/Rickets
- b) Fats/Proteins help to keep the body warm.
- c) Tiny babies that come out of the eggs of mosquitoes are called Larvae/Pupa
- d) Flies spread disease like Cholera/Dengue.
- e) Vitamin B/Vitamin D keeps us healthy.

(PTO)

Match The Food To Its Food Group

Proteins

Fruits

Vegetables

Grains


