

**THE AIR FORCE SCHOOL**  
**SCIENCE H.W. WORKSHEET- CLASS V**  
**DATE OF SUBMISSION: 12 Sept 2014**

**Q 1 Write two examples for each of the following:**

- (a) Food rich in energy .....
- (b) Food rich in calcium .....
- (c) Food rich in vitamins .....
- (d) Food rich in roughage .....

**Q 2 Answer the following:**

(a) Sahil has been told by the doctor that he has less iron in his blood. What would you advise Sahil to eat?

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(b) Why should we cover our mouth while we cough or sneeze?

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**Q 3 Name the mineral or vitamin that performs the following function:**

- (a) Builds red blood cells: .....
- (b) Keeps teeth and bones healthy: .....
- (c) Is good for eyes: .....
- (d) Helps the body to absorb calcium: .....
- (e) Helps in proper growth of body: .....