

THE AIR FORCE SCHOOL
SCIENCE H.W. WORKSHEET- CLASS V
DATE OF SUBMISSION: 26th Sept 2014

Q 1. WHO AM I?

- a. I provide energy to the body but excess intake of me can lead to a condition called obesity. Who am I?
- b. I am needed in small amounts for the normal functioning of our body. Who am I?
- c. I perform functions such as strengthening the bones and maintaining a normal heartbeat. Who am I?
- d. I keep the digestive system in good working condition and help your body get rid of undigested food. Who am I?
- e. I am essential for growth and muscle – building. Who am I?
- f. Fruits, green leafy vegetables, eggs, fish are some of my sources. Who am I?
- g. I too provide energy and some of my sources of food are bread, rice, wheat, fruits etc. Who am I?

Q 2. Fill in the blanks with the correct words in the paragraph.

(Hygiene, non-communicable, wash, balanced, apple, soap, iron, nails, healthy food habits)

Rita had been missing her school very often. The worried parents took her to the doctor. They found that Rita had not been eating a diet and was lacking which made her anaemic. The doctor explained that it is adisease. Rita had another bad habit. She did not maintain proper and was always punished in the school for not cutting herShe never used to her hands with after returning from the playground. The doctor told her to eat guava, meat and in order to remove iron deficiency. Besides all the instructions she was told to practice regularly in order to stay fit and healthy.