



Worksheet

Grade 5- EVS

Chapter 5- Interdependence in Nature

Choose the correct Answer:

1. Diseases that spread from one person to another are called _____.
 - (a) Communicable diseases
 - (b) Degenerative diseases
 - (c) Non-communicable diseases
 - (d) None of the above
2. Night blindness is caused due to the deficiencies of _____.
 - (a) vitamin A
 - (b) vitamin B
 - (c) vitamin C
 - (d) vitamin E
3. Which of the following diseases is an example of non-communicable diseases?
 - (a) Cancer
 - (b) Diabetes,
 - (c) Hypertension
 - (d) All of the above
4. Excessive bleeding during an injury is a deficiency of _____.
 - (a) vitamin A
 - (b) vitamin B
 - (c) vitamin K

(d) vitamin E

5. Goitre and the enlarged thyroid gland are mainly diagnosed in patients with deficiencies of which of the following minerals?

(a) Iron

(b) Iodine

(c) Calcium

(d) Phosphorus

6. Which of the following diseases is caused by protein deficiency?

(a) Anaemia

(b) Kwashiorkor

(c) Hypothyroidism

(d) All of the above

7. Which of the following vitamins is also known as ascorbic acid?

(a) vitamin A

(b) vitamin B

(c) vitamin C

(d) vitamin E

Rewrite the sentences correctly.

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

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

10. Deficiency diseases are communicable diseases.

11. Communicable diseases are caused by useful microbes.

Give one word:

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

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

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

15. Harmful microbes.

Tick the odd one out:

16. Proteins, Fats, Carbohydrates, Scurvy

17. Anaemia, Cholera, Scurvy, Rickets

18. Goitre, Obesity, Heart disease, Diabetes

19. Chickenpox, Diabetes, Cholera, Measles

Choose the correct vitamin/mineral.

- 20. Scurvy is caused by the deficiency of vitamin C/K.
- 21. Goitre is caused due to deficiency of calcium/iodine.
- 22. Night blindness caused by deficiency of vitamin A /vit D.
- 23. Bones become brittle, due to deficiency of phosphorus / calcium.

State whether true or false:

- 24. Chickenpox spread through direct contact.
- 25. Vaccine is only given orally.
- 26. Scurvy is caused by the deficiency of vitamin C.
- 27. Vitamin D helps with healthy bones and teeth.
- 28.

Match the following.

- | | | |
|-------------------------|---|------------|
| a. Vaccination | - | Prevention |
| b. Deficiency disease | - | Rickets |
| c. Lifestyle disease | - | Obesity |
| d. Communicable disease | - | Chickenpox |