

## WORK SHEET

### SUBJECT- EVS

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

CLASS- V

Date-

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#### 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 :-

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

#### Q3. Differentiate between :-

- Diet & Nutrient
- Communicable and non-communicable disease

#### Q4. Tick the correct answer :-

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

(PTO)

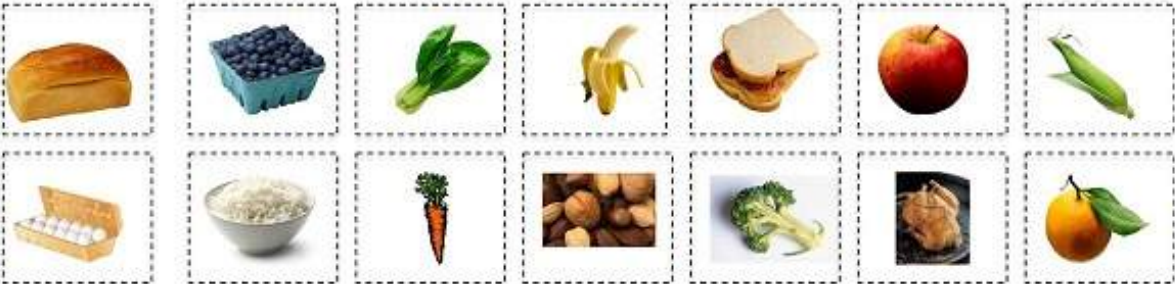
# Match The Food To Its Food Group

Proteins

Fruits

Vegetables

Grains



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