

St. Andrews Scots School

9th , Avenue, I.P Extension , Patparganj, Delhi-92

Session: 2026 –2027

SUBJECT- SCIENCE

Class: V Topic: Health and Diseases Lesson No: 6

- **Reading of the chapter**
- **Explanation (will be done in class)**

Book Exercises

Checkpoint-1 State True or False

1. F
2. T
3. F
4. T
5. F

Check Point 2 – Fill in the blanks

1. Non-communicable
2. Balanced
3. Obesity
4. Liver and kidneys

Exercises

A. Fill in the blanks

1. communicable and non-communicable diseases.
2. germs.
3. mosquito
4. Sunlight
5. Any

B. Match the following deficiency diseases with the nutrients.

1. Anaemia — (e) Iron
2. Scurvy — (d) Vitamin C
3. Beri-beri — (a) Vitamin B complex
4. Night blindness — (c) Vitamin A
5. Goitre — (b) Iodine

C. Find the odd-one out.

1. Scurvy
2. Malaria
3. Obesity
4. Malaria

D. Tick the correct answer.

1. (a) Cholera ✓
2. (c) Malaria ✓
3. (c) Chickenpox ✓
4. (b) Bleeding gums ✓
5. (c) Obesity ✓

Learn Defines from page no.67

Notebook work

Write any 10 New words

Answer the following questions.

1. **What is a disease?**

Ans. Disease is an unhealthy condition of the body in which the affected person is not able to carry out normal life activities.

2. **Differentiate between communicable and non-communicable diseases.**

Ans.

Communicable Diseases	Non-communicable Diseases
1. These are caused by germs.	1. These are caused due to deficiency of some nutrient or over-nutrition or malfunction of a body part.
2. They spread from one person to other persons.	2. They do not spread from one person to other persons.

3. How are infectious diseases spread?

Ans. Infectious diseases spread through direct contact, air, contaminated food and water, animal bite and insects.

4. Give any five ways to prevent communicable diseases.

Ans. Ways to prevent communicable diseases are as follows:

- (a) Keep the surroundings clean.
- (b) Throw garbage into dustbins. Use only covered bins.
- (c) Maintain body hygiene by bathing regularly.
- (d) Visit a doctor for overall check-up regularly
- (e) Do not eat uncovered food from roadside stalls.

5. How does malaria spread?

Ans. When a female *Anopheles* mosquito bites an infected person, malaria-causing protozoa are sucked up along with blood. When this mosquito bites a healthy person, the protozoa are transferred into the blood of the person. This causes malaria to the healthy person.

6. What is vaccination?

Ans. The process of injecting or introducing a vaccine into the body for protection against a disease is called vaccination.

7. What is immunity?

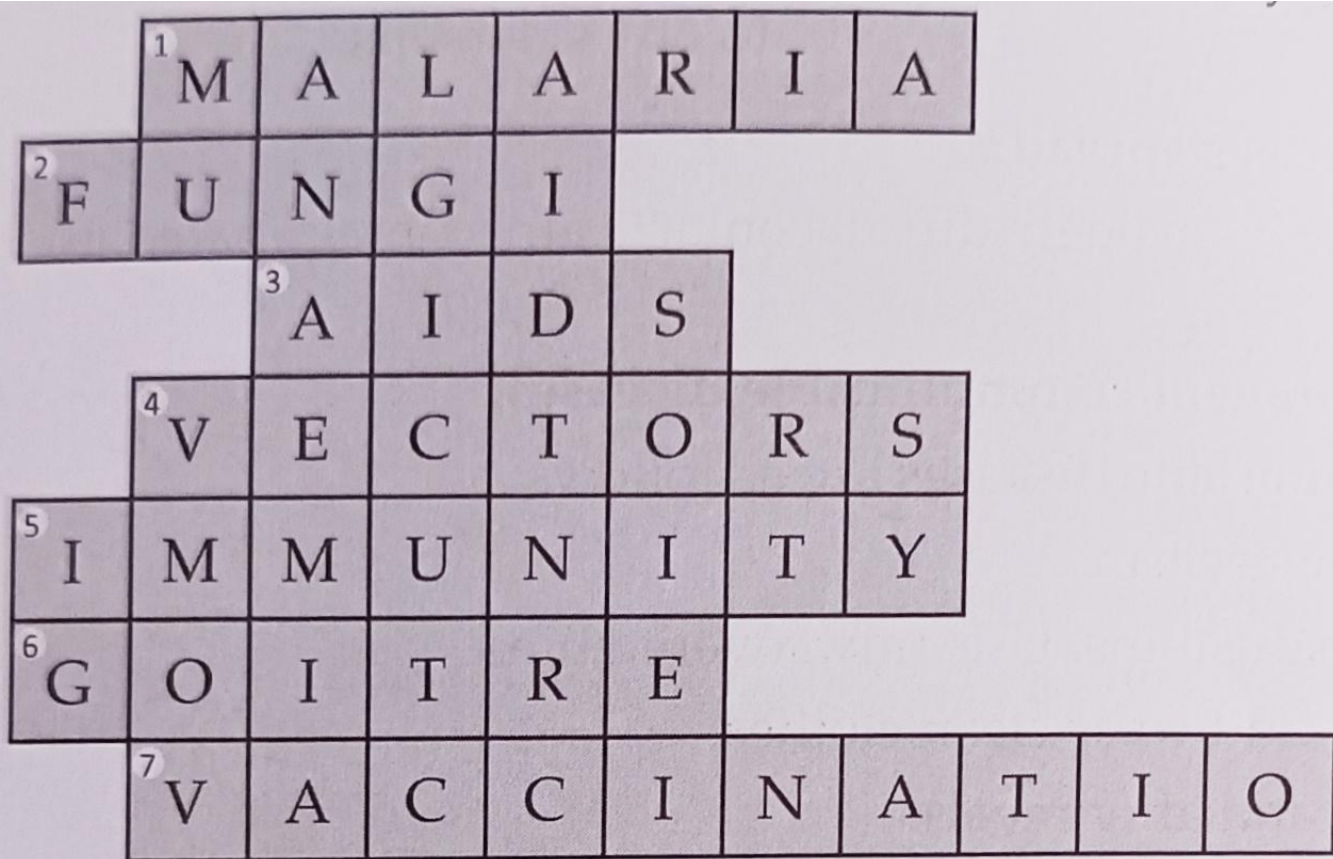
Ans. Immunity is the ability of the body to fight and kill the germs.

8. State three wrong food habits.

Ans. Three wrong food habits are as follows:

- (a) Taking too much of common salt in diet which may lead to high blood pressure or even obesity.
- (b) Taking excessive fat-soluble vitamins A, D, E and K in the form of pills which can lead to hypervitaminosis.
- (c) Eating excess of fried and fatty foods which leads to obesity.

G. Solve the crossword with the help of given clues.



Give reasons.(Think zone)

1. Rehan is suffering from rickets. The doctor has advised him to sit in the sun for an adequate period of time.

Ans. Rickets is caused due to the deficiency of vitamin D. Our body prepares vitamin D in the presence of sunlight.

3. Tushaar eats burgers and chips every day but does not eat fresh fruits and green vegetables. He gets tired very soon and looks pale.

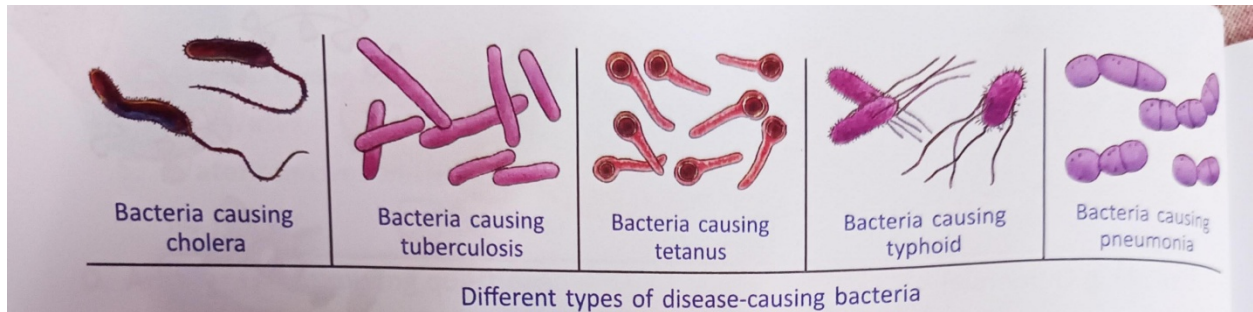
Ans. Not eating fresh fruits and green vegetables leads to mineral and vitamin deficiencies. This makes the body weak and sick.

5. Your parents do not allow you to meet your friends when you are sick.

Ans. Staying away from a sick person stops the spread of disease.

Diagrams

Draw different types of disease causing bacteria (pg no. 62)



Activity

Do Activity 2 from page no. 64 in your book.