

International Indian School Buraidah

Worksheet of the year 2024-25

Class-5th Environmental Studies

Lesson-2 Bones and Muscles

Lesson -3 Let's be clean and Healthy

Lesson -5 Eat right Feel Right

Q-1 Choose the correct Option-

1. Muscles of the heart are called _____ muscles.

- a) cardiac b)voluntary c)involuntary

2. Without the _____ our body would be a heap of organs.

- a) skeleton b)heart c)lungs

3. _____ is a non-communicable diseases.

- a) Diabetes b) Common Cold c) Chicken pox

4. This is an example of biodegradable waste.

- a) Plastic bottle b) Polythene bag c) Fruit peels

5. We need air, water and _____ survive

- a) clothes b)cars c)food

6. Our body is made up of 70% water.

- a) fats b) fibre c)water

7. This is an energy-giving food.

- a) Rice b) Salt c) water

8. These cannot be seen with naked eyes.

- a) Houseflies b) Mosquitoes c) Microorganisms

Q-2 Fill in the blanks-

1. Food _____ us from diseases.

2. Deficiency of _____ leads to goiter.
3. Our body gets its shape and form with _____ foods.
4. _____ is directly dependent on clean surroundings.
5. _____ are infectious diseases.
6. _____ can be communicable and non-communicable.
7. There are _____ bones in an adult.
8. _____ is a tissue found inside bones.
9. The movement of _____ is under our control.
10. Oil and ghee are the example of _____ food.

Q-3 Choose the correct option-

(a)

1. Both A and R are true and R is the correct explanation of A.
2. Both A and R are true but R is not the correct explanation of A.
3. A is true but R is false.
4. A is false but R is true.

Assertion (A): We are able to move our jaw.

Reason(R): The upper jaw bone is not fixed.

(b)

1. Both A and R are true and R is the correct explanation of A.
2. Both A and R are true but R is not the correct explanation of A.
3. A is true but R is false.
4. A is false but R is true.

Assertion (A): Houseflies do not spread any diseases.

Reason(R): Houseflies breed in faeces and garbage.

(C)

1. Both A and R are true and R is the correct explanation of A.
2. Both A and R are true but R is not the correct explanation of A.
3. A is true but R is false.
4. A is false but R is true.

Assertion (A): Ghee and Butter should be consumed in lesser quantities in our daily diet.

Reason(R): Ghee and butter are energy giving food.

Q-4 Define the following-

1. Nutrients
2. Biodegradable wastes
3. Human Skull
4. Supplement
5. Balanced diet

Q-5 Answer the following questions-

1. What is the function of rib cage ?
2. Explain the Human skeletal system.
3. Name the diseases transmitted by houseflies.
4. Differentiate between Communicable and Non-Communicable diseases.
5. What are the benefits of healthy eating ?
6. Write a note on vitamins and their types.
7. Suggest four ways to keep your neighbourhood clean.

Q-6 Identify the following pictures-

