

INTERNATIONAL INDIAN SCHOOL BURAI DAH
Worksheet for the Academic Year 2025 - 2026
CLASS-5/ SUBJECT : ENVIRONMENTAL STUDIES

Lesson # 3 Let's Be Clean and Healthy

Lesson # 4 Safety First

Q-1 Fill in the blanks .

1. _____ is better than cure.
2. _____ is a disease caused by a dog's bite.
3. _____ is the poison of a snake.
4. Wear a _____ while riding a two wheeler to protect your head.
5. _____ cream is used for reducing pain.
6. _____ is directly dependent on clean surroundings.
7. _____ diseases are not infectious .
8. _____ such as bacteria and virus are too small to be seen with naked eye.
9. Taking care of health and maintaining good _____ can prevent diseases.
10. _____ is a common spice that acts as an excellent antiseptic.
11. In case of burns, cover the wound with loose _____ to protect the affected area
12. A wasp sting can be treated by applying lemon juice or _____.

Q-2 Write T for true and F for false.

1. In case of fire we should dial 102.
2. Insulated means not covered with plastics.
3. Parasite is an organism which lives on another organism.
4. Houseflies are responsible for diseases such as malaria and chikungunya.
5. In case of a gas leak, all the doors and windows should be closed.

Q -3 Name a disease caused by the following microorganisms.

- | | |
|-------------------|----------------|
| 1) Bacteria _____ | 3) Fungi _____ |
| 2) Protozoa _____ | 4) Virus _____ |

Q-4. Choose the correct answer.

1. _____ is a communicable disease.
a) Chicken pox b) Asthma c) Diabetes
2. _____ is an example of biodegradable waste.
a) Plastic bottle b) Polythene bag c) Fruit peels
3. Use a _____ to remove the insect's sting from the wound.
a) Knife b) scissors c) tweezer

Q-5. Choose the correct option.

- 1.a)Both A and R are true and R is the correct explanation of A.
- b)Both A and R are true but R is not the correct explanation of A.
- c)A is true but R is false.
- d)A is false but R is true.

Assertion (A): It is important to know basic first aid.

Reason(R): First aid can help to save lives before medical help arrives..

- 2.a) Both A and R are true and R is the correct explanation of A.
- b) Both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false.
- d) A is false but R is true.

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

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

- 3 a) Both A and R are true and R is the correct explanation of A.
- b)Both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false.
- d) A is false but R is true.

Assertion (A): Bathing everyday keeps our body clean and fresh.

Reason(R): It removes dirt, sweat and germs from the skin.

Q-6 Define the following.

1. Communicable diseases
2. First aid
3. Sprain
4. Dehydration
5. Dengue fever

Q-7 Answer the following questions.

1. What are the basic rules of safety ?
2. Why is it necessary to apply antiseptic ointment on a wound ?
3. Name the diseases transmitted by houseflies.
4. Differentiate between Biodegradable and Non- Biodegradable wastes.
5. Suggest four ways to keep your neighbourhood clean.
6. What should be done to treat an animal bite?