

**Worksheet:-11    Subject: - Science                      Class:-V                      Teacher:-Mrs. Davinder Kaur**  
**Name:-\_\_\_\_\_ Class & Sec:-\_\_\_\_\_                      Roll No.:-\_\_                      Date:-**

### **Lesson :- 5 (Food and Health)**

**Answers the following questions:-**

**Q.1) What is the importance of roughage in our body?**

**Ans.:-** The importance of roughage in our body is that it helps in water retention in the body and to get rid of waste from the body.

**Q.2) What is balanced diet? Why is it important for children?**

**Ans.:-** A balance diet is one which contains all the nutrients in equal quantity. It is important for children for their proper growth and development.

**Q.3) What are the methods to stay healthy?**

**Ans.:-** Personal hygiene, a clean environment, exercise, a balanced diet, sleep and proper rest are the methods to stay healthy.

**Q.4) Differentiate between communicable and non-communicable diseases.**

**Ans.:-**

<b>Communicable Diseases</b>	<b>Non-Communicable Diseases</b>
<b>1) Spread from one person to another person.</b>	<b>1) Do not Spread from one person to another person</b>
<b>2) These are infectious. Ex.- Corona, Chickenpox</b>	<b>2) These are Non- Infectious. Ex.- Beri Beri, Scurvy</b>

**Q.5) Give two examples of each.**

**Ans.:-** 1) Viral Diseases-Polio, Jaundice

2) Bacterial Diseases- Typhoid, Cholera

3) Protozoan Diseases – Malaria, Dysentery

4) Fungal Diseases- Ringworms, Eczema

**Q.6) How can we prevent diseases from spreading?**

**Ans.:-** We can prevent diseases by having a healthy & sound body with clean surroundings.