



**BRAIN INTERNATIONAL SCHOOL**

**EVS WORKSHEET**

**CLASS-V**

**JULY 2024**

**NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_ SEC: \_\_\_\_\_ DATE: \_\_\_\_\_**

**CH-3 CLEANLINESS AND PREVENTION OF DISEASES**

**Q1. Tick the correct option:**

1. \_\_\_\_\_ is given to make up for the loss of water.  
(i) **Paracetamol** (ii) **Chloroquinine** (iii) **ORS** (iv) **none of these**
  
2. \_\_\_\_\_ makes our body strong and healthy.  
(i) **Rest** (ii) **Study** (iii) **Exercise** (iv) **none of these**
  
3. Anti-malaria drug, \_\_\_\_\_ are given to the people living in places with abundant mosquito population.  
(i) **Chloroquinine** (ii) **Potassium** (iii) **Iron** (iv) **Phosphorus**

**Q2. Write 'T' for True and 'F' for False statements.**

1. Cholera is transferred through infected food and water.
2. Cleanliness is not next to Godliness.
3. Sanitisation of hands is a must.
4. The life span of a mosquito is about two weeks.


**Q3. Define the following:**

- (i) **Vaccination**


**Q4. Mention any two ways of keeping good health.**


**Q5. Assertion & Reasoning Based question:**

**Assertion:** School closure due to COVID-19 pandemic has led to complete disconnect from education.

**Reason:** Vast majority of the children are being taught through community-based classes, inadequate online or phone-based classes.

- A  
A is true and R is false
- B  
A is false and R is true
- C  
Both A and R are true and R is the correct explanation for A.
- D  
Both A and R are true but R is not the correct explanation for A.

**Q6. Read the following and answer the questions.**

Malaria is an infectious disease, which is caused by Protozoa called Plasmodium. These germs start growing in the body of the mosquito, which takes about 7-10 days which is called the incubation period. When such mosquito bites a healthy person, it transfers some of the malaria germs into their body and this is how the disease spreads.



Q1. How is malaria caused?


Q2. Mention any one way to control the spread of malaria.




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## **CH-5 EATING RIGHT**

### **Q1. Tick the correct option:**

1. Our body makes \_\_\_\_\_ when we are exposed to sunlight.  
(i) **Vitamin A**    (ii) **Vitamin D**    (iii) **Vitamin E**    (iv) **none of these**
2. \_\_\_\_\_ can give rise to disease like blood pressure.  
(i) **Obesity**    (ii) **Goitre**    (iii) **Rickets**    (iv) **none of these**
3. \_\_\_\_\_ mineral is needed to make haemoglobin.  
(i) **Calcium**    (ii) **Potassium**    (iii) **Iron**    (iv) **Phosphorus**

### **Q2. Write 'T' for True and 'F' for False statements.**

1. Energy-giving food helps our body to grow and repair itself.
2. Minerals help in keeping us fit and healthy.
3. Skins of fruits, like apples, pears have lots of fibre.
4. Meat, fish, beans contain a large amount of proteins.

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### **Q3. Define the following:**

- (i) **Balanced diet**


### **Q4. Mention any three healthy eating habits.**



**Q5. Assertion & Reasoning Based question:**

**Assertion: A balanced diet makes us healthy.**

**Reason: A balanced diet contains all the components of food in right proportion.**

**A**

Only A is correct.

**B**

Only R is correct.

**C**

Both A and R are correct and R is the correct explanation for A.

**D**

Both A and R are correct but R is not the correct explanation for A.

**Q6. Read the following and answer the questions.**

Small children suffer from malnutrition that results from taking diets which are either deficient in some nutrient or have too much of nutrients. It is most common among children under 5 years of age. This condition can be prevented by giving children foods rich in proteins, like pulses, eggs, milk, etc.



Q1. Why children suffer from malnutrition?


Q2. What type of foods can prevent children from malnutrition?




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**CH-9 THE NORTHERN PLAINS**

**Q1. Circle the correct option:**

- 1. The Ganga River flows through \_\_\_\_\_ .  
(i) **Uttar Pradesh**      (ii) **Tamil Nadu**      (iii) **Maharashtra**      (iv) **Rajasthan**
  
- 2. Which river is a tributary of the Indus River.  
(i) **Ganga**      (ii) **Kaveri**      (iii) **Padma**      (iv) **Chambal**
  
- 3. Northern Fertile Plains are also called \_\_\_\_\_ .  
(i) **Food Bowl Of India**      (ii) **Himalayas**      (iii) **Desert**      (iv) **all of these**

**Q2. Write ‘T’ for True and ‘F’ for False statements.**

- 1. Several of the greatest rivers in the world are originated from the Himalayas.
- 2. The Northern Plains has a moderate climate.
- 3. The Brahmaputra River is known as Tsangpo.
- 4. The Indira Gandhi canal provides water to Gujarat.

**Q3. Give one word answer.**

- 1. The famous dam on the Sutlej River. \_\_\_\_\_
  
- 2. An area of land which is watered by a river is called a \_\_\_\_\_
  
- 3. Largest delta in the world. \_\_\_\_\_

**Q4. Assertion & Reasoning Based question:**

**Assertion: The Northern plain is broadly divided into two sections.**

**Reason: The Western part of the Northern plain is referred to as the Punjab plains.**

- A**  
Both A and R are true and R is the correct explanation of the assertion.
- B**  
Both A and R are true and R is not the correct explanation of the assertion.
- C**  
A is true but R is false.
- D**  
A is false but R is true.

**Q5. Define tributaries.**


**Q6. Give reason:**

(i) **Why Northern Fertile Plains have an extreme climate?**


**Q7. Read the following and answer the questions.**

Northern plains are low-lying, flat and fertile plains made up of the alluvium brought down by the Himalayan rivers. They are also known as the Indo-Gangetic Plains. This is because they are formed by two great river systems, the Indus and the Ganga-Brahmaputra river systems.



**Q1. What are Northern plains made up of?**


**Q2. Name the two river systems which forms the Northern Plains.**


Q8. Mark the rivers (in blue) on the map given.

1. The Sutlej Basin
2. The Ganga Basin
3. The Brahmaputra Basin

