



Brain International School

Vikas Puri, New Delhi

CH-3 CLEANLINESS AND PREVENTION OF DISEASES

ASSIGNMENT NO. 1

SUBJECT: EVS

CLASS-V _____

JULY,2025

NAME: _____

DATE: _____

Q1. Tick the correct option:

1. Keep your surroundings clean by spraying _____ regularly, in and around your house.

- (i) insecticides (ii) Chloroquinine (iii) kerosene (iv) none of these

2. Adopting of _____ vehicles may reduce air pollution.

- (i) petrol (ii) diesel (iii) electric (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. A handful of soil have hundreds of different kinds of microbes. _____

2. COVID-19 is a highly infectious disease caused by a virus. _____

3. Sanitization of hands is not important. _____

4. Dysentery is a disease that can affect children. _____

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.

Q7. Assertion & Reasoning Based Question:

Assertion: We should avoid using plastic bags.

Reasoning: We should use recycled and eco-friendly products.

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.



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CH-4 LIVING SAFELY

ASSIGNMENT NO. 3

SUBJECT: EVS

CLASS-V _____

JULY,2025

NAME: _____

DATE: _____

Q1. Tick the correct option:

1. Always wear _____ and _____ while handling electrical circuits.
(i) **rubber slippers** (ii) **socks** (iii) **gloves** (iv) **both (i) and (iii)**
2. Never run with a _____ in your hand.
(i) **flower** (ii) **book** (iii) **glass** (iv) **none of these**
3. Playing in the Sun may lead to _____.
(i) **obesity** (ii) **dehydration** (iii) **burns** (iv) **Phosphorus**

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

1. Accidents happen due to carelessness. _____
2. A cut by a sharp knife may not lead to bleeding. _____
3. Look both ways before crossing the road. _____
4. The liquid fuel in the gas cylinder has a peculiar smell. _____

Q3. How can you cure a person with an insect bite?

Q4. Give reason: 'Synthetic clothes should not be worn while bursting crackers.'

Q5. Mention any two ways in which you can be careful while on the road.

Q6. Assertion & Reasoning Based question:

Assertion: In the playground we should stay away from barbed wires.

Reason: While playing any game, we should follow its rules.

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.

Q7. Read the following and answer the questions.

Accidents may cause serious injury, like sprain in the foot or arm. It happens because of a tear in the muscles. It can be very painful. Before going to the doctor, sufficient support should be given to the affected area. An ice pack can be applied, but do not massage the affected area. Do not put pressure till the swelling reduces.



Q1. _____ happens in the foot and arm because of a tear in the muscles.

Q2. Write any 2 ways by which you can help a person who has suffered a sprain?



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CH-5 EATING RIGHT

ASSIGNMENT NO. 2

SUBJECT: EVS

CLASS-V _____

JULY,2025

NAME: _____

DATE: _____

Q1. Tick the correct option:

1. Apart from nutrients _____ and _____ also form an important part of the diet.
(i) **Water** (ii) **calcium** (iii) **roughage** (iv) **both (i) and (iii)**
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. Vitamins are wonder nutrients which protect our body from several diseases. _____
2. Beriberi disease is caused due to lack of vitamin A. _____
3. 70% of our body is made up of water. _____
4. Meat, fish, beans contain a large amount of proteins. _____

Q3. Define the following:

(i) Obesity

Q4. Mention any four healthy eating habits.

[illegible]

Q5. Assertion & Reasoning Based question:

Assertion: We should eat a variety of food items.

Reason: Different food items contain different nutrients required by the body.

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.

Deficiency of vitamin D in food leads to weakening of bones. Weak bones result in rickets which is marked by bow-shaped legs. Food items like milk, eggs and cabbages are rich in vitamin D and help to make bones stronger. Minerals like calcium and phosphorus are also essential for making strong bones and teeth.



Q1. _____ disease is caused due to lack of vitamin D.

Q2. Which minerals are essential for making our bones and teeth strong?

Q3. Name any two food items which help to make our bones strong.
