

# **St. Andrews Scots Senior Secondary School**

**9<sup>th</sup> , Avenue, I.P Extension, Patparganj**

**Class-V**

**Sub-Science**

**Session- 2025- 2026**

## **Lesson -4 Health and Hygiene**

- **Reading of the chapter**
- **Explanation (will be done in class)**

### **(Textbook exercise)**

- **A. Tick the correct answer.**

- 1. Body building**
- 2. Vitamin B**
- 3. Goitre**
- 4. Vitamin C**
- 5. Carbohydrate**

- **B.Fill in the blanks.**

- 1. virus**
- 2. complete**
- 3. immunity**
- 4. Marasmus**
- 5. clean**
- 6. insect bite**

- **C. Complete the crossword puzzle with the help of given clues.**

- 1. CARBOHYDRATES**
- 2. OBESITY**

- 3. FATS
- 4. ROUGHAGE
- 5. PROTEINS

- **D Match the following.**

- 1 (d)
- 2 (g)
- 3 (f)
- 4 (b)
- 5 (a)
- 6 (e)
- 7 (c)

- **Defines (Pg no- 53, Learn from the book)**

**(Notebook Work**

**New Words**

**Any 10**

**Short Question/Answer**

**1 Define health.**

**Ans. Health is a state of physical  
and mental well being.**

**2. How do vaccines help to prevent some diseases?**

**Ans. Vaccines develop the immunity against diseases.**

**3. What are energy-giving foods? Give two examples.**

**Ans.** Food that provides energy to our body for various works are known as energy giving foods. Carbohydrates and fats are energy giving food. For example wheat and butter.

**4. Name any three diseases caused by insect bite.**

**Ans.** Malaria, Dengue and Chikungunya.

**5. How do mosquitoes spread diseases?**

**Ans.** When a mosquito bites a person suffering from malaria, it sucks in the blood containing the germs of that disease. When the same insect bites any healthy person it releases the germs into the healthy person's body.

### **Long Question/Answer**

**1. Name all the components of food. Give their importance and sources.**

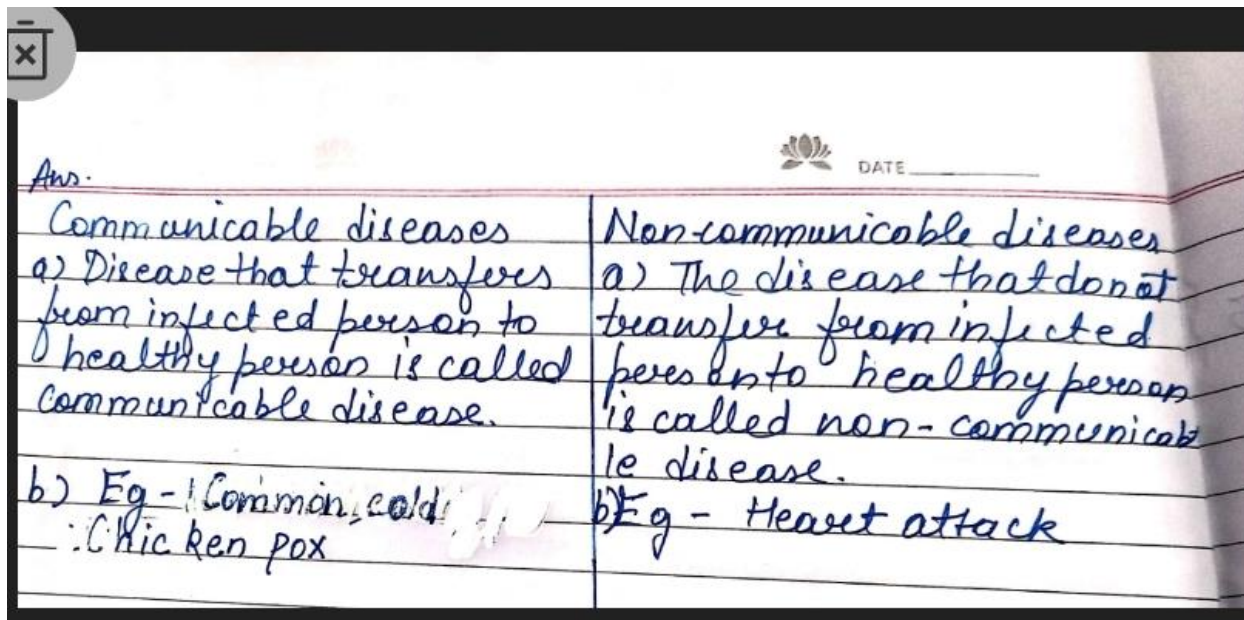
**Ans.** The different components of food are:-

- Carbohydrates – it provides energy to our body. Its sources are wheat, maize, potato etc.
- Fats- they also provide energy to the body. Its sources are butter,, ghee, oil.
- Proteins- it helps in growth and development of a body. Its sources are pulses, gram peas, milk.
- Vitamins- it helps to maintain and protects the body. Its sources are green leafy vegetables and fruits.
- Minerals are a protective food. Its sources are fruits and vegetables.
- Water maintains the temperature of body.
- Roughage adds bulk to food and prevents constipation. Its sources are dalia, salad, sprouts of grams and moongs.

**2 What is balanced diet? What are the major food groups that form a balanced diet?**

**Ans.** The diet which contains all the nutrients in the right amount for proper growth and functioning of the body is called a balanced diet. The five food groups are – bread and cereal group, vegetables and fruits group, milk group, protein group, fats and oils group.

**3 Give differences between communicable diseases and non communicable diseases.**



The image shows a handwritten table on lined paper. At the top left, there is a small icon of a box with an 'X' inside. At the top right, there is a small floral logo followed by the word 'DATE' and a line for writing. The table has two columns. The left column is titled 'Communicable diseases' and the right column is titled 'Non-communicable diseases'. Both columns have two rows of text. The first row in each column starts with 'a)' and describes the type of disease. The second row in each column starts with 'b)' and gives examples. The handwriting is in blue ink.

Communicable diseases	Non-communicable diseases
a) Disease that transfers from infected person to healthy person is called communicable disease.	a) The disease that do not transfer from infected person to healthy person is called non-communicable disease.
b) Eg - Common cold, Chicken pox	b) Eg - Heart attack

**4 How can you prevent the spread of communicable diseases?**

**Ans.** We can prevent communicable diseases by following these measures:-

- The house should be disinfected.
- Drinking water should be clean and pure.
- The area around the house should be neat and clean.

- Drains and dustbins should be kept covered
- Children should be vaccinated.
- Personal hygiene should be maintained.

**5 Define deficiency diseases. List all the deficiency diseases and the nutrients responsible for causing these diseases.**

**Ans.** The diseases that are caused due to deficiency of a particular nutrient are called deficiency diseases.

- a. Marasmus- Carbohydrates, fats and proteins.**
- b. Kwashiorkor- Protein**
- c. Anaemia- Iron**
- d. Goitre- Iodine**
- e. Night blindness- Vitamin A**
- f. Beri Beri- Vitamin B**
- g. Scurvy- Vitamin C**
- h. Rickets- Vitamin D**

### **Give Reasons**

- 1. Ritika only eats fruits and vegetables. She avoids eating rice and chapatis. Is she doing the right thing? Explain.**

**Ans.** No, because she will not get energy.

- 2. A teacher does not allow a child suffering from chicken pox to come to school, why?**

**Ans.** The teacher is doing so because it is a communicable disease and others may get infected.

### Activity

Collect vaccination chart of any five children. Paste them in your notebook and find out the similarities and differences between them.

### Dictation



sugar



potatoes

Sources of carbohydrates

Any 10 words

### Diagrams



ghee



oil

Sources of fats



milk



egg



meat



cheese

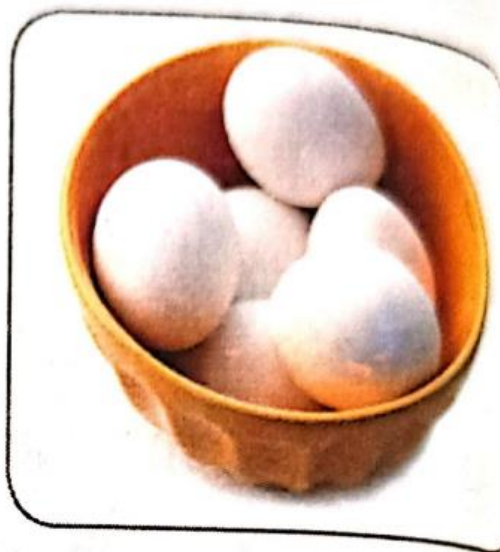
Sources of proteins







fruits



eggs



fish

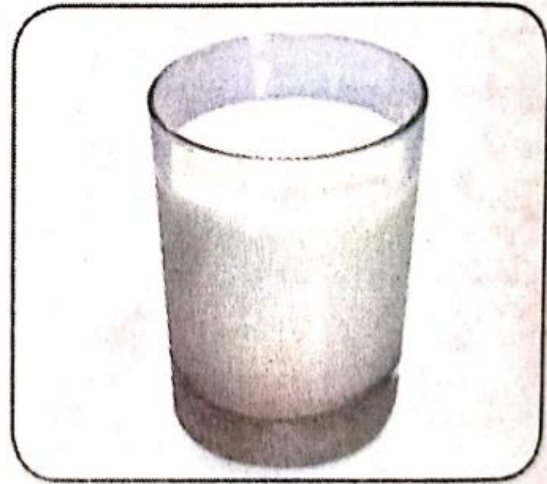


green leafy vegetables

Sources of vitamins



fruits



milk

Sources of minerals

