

**SOLVED ASSIGNMENT FA-2**

**SUBJECT: SCIENCE**

**CLASS: 5<sup>TH</sup>**

**CHAPTER: FOOD & HEALTH**

**LESSON NO.03**

**EXERCISE**

A. 1. c) Fats 2. d) Proteins 3. a) Virus 4. a) Rickets

5. d) Goitre 6. d) Polio

B. 1. False (Vitamins helps us to stay fit and resist diseases.)

2. False ( The nutrient requirement of a person depends on age , gender and the nature of work the person does)

3. True

4. True

5. False (Water should not be allowed to stand in coolers when they are not in use.)

C. Vitamin A—Night blindness

Vitamin B—Beriberi

Vitamin C—Scurvy

Vitamin D—Rickets

Iron—Anaemia

Calcium—Osteoporosis

Iodine—Goitre

D.

Disease	Germ	Type Mode of Transmission
Typhoid	Bacteria	Infected food and water
Malaria	Protozoa	Insect bites
Chickenpox	Virus	Direct contact
Cholera	Bacteria	Infected food and water
Polio	Virus	Infected food and water
Common cold	Virus	Direct contact

E. Short answer questions

1. Nutrients are the special substances that are needed by our body to stay fit and healthy. The five main nutrients are: carbohydrates, fats, proteins, vitamins and minerals.

2. A balanced diet is a diet that contains all the essential nutrients in the correct quantities.
3. A food pyramid tells us about getting the balanced diet we need to eat to maintain good health. ( Draw a diagram on page no. 309)
- 4.

S. No	Communicable Diseases	Non- Communicable Diseases
1.	Diseases that spread from one person to another are known as communicable diseases.	Non-communicable diseases do not spread by the transfer of germs from one person to another.
2.	These diseases are caused by very tiny organisms called germs.	They are caused when there is a deficiency of a particular nutrient in our diet.
3.	Examples: Typhoid, common cold	Examples: Scurvy, Rickets

5. Cholera, typhoid, jaundice and diarrhea are spread due to the consumption of infected food and water.

#### Long answer questions

1. a) **Carbohydrates** – They provide energy to our body. They are also called ‘energy- giving foods’.

- a) **Proteins** – Proteins help us to grow. They also help in repairing the tissues of the body and in healing small cuts and wounds.
- b) **Vitamins and Minerals** -Vitamins keep our body fit and help it to resist diseases. Minerals help our body to grow well and develop properly.

2. A typical balanced diet for school children should include the following:

- **Cereals**—Rice, chapattis, whole wheat bread or maize in each meal.
- **Dairy**—Three servings of milk or equivalent amounts of curd, cheese and other milk products in a day.
- **Fruits and vegetables**
- **Proteins**—Beans, peas, nuts, eggs or small amounts of flesh and meat
- **Fat**—A little fat (oil and butter)
- **Water**—Six to eight glasses of clean, fresh drinking water in a day

3. Regular exercise keeps the muscles healthy and in good condition. It helps the nervous system by supplying more oxygen to the brain. Taking rest is also important as our body gets time to relax and gears up to do more work.

4. Disease is a condition when our body does not function normally. Diseases are mainly of two types communicable diseases and non-communicable diseases.

#### *Modes of transmission of communicable diseases:*

- **Air:** Coughing or sneezing by a person releases germs into the air. When a healthy person breathes this air, germs enter his or her body.
- **Direct contact:** The clothing and other articles used by a sick person carry germs. When a healthy person comes in contact with these, the germs may enter his or her body.

5. a) **Vaccination:** It is the process of injecting a substance into someone’s

body to protect against a disease.

- b) **Purifying water:** A water purifier cleans the water. Germs can also be removed by boiling water for 25 minutes. Store water in clean and covered containers. This way, we will not get infected by diseases caused due to drinking infected water.
  - c) **Removing stagnant water:** Mosquitoes breed in stagnant water. Do not allow water to stagnate in pots and drains.
  - d) **Water from coolers:** Keep the water coolers dry when not in use since mosquitoes breed in stagnant water.
6. Non-communicable diseases are caused when there is a deficiency of a particular nutrient in our diet. That is why they are also called deficiency diseases. **Night blindness** is caused by the deficiency of vitamin A. **Goitre** is caused due to the deficiency of iodine.
7. a) Beriberi: The affected person should take a diet rich in unpolished rice, fish, meat and cereals.
- b) Rickets: The affected person should take a diet rich in milk, fish, butter and eggs.
- c) Anaemia: The affected person should take a diet rich in green leafy vegetables such as spinach, brinjal and fruits such as apples, dates, guavas, bananas, jaggery, meat and liver.

#### 4. Safety and First Aid

##### Exercise

- A. 1. c) rusted piece of iron    2. d) poisonous chemical    3. a) Dettol  
4. d) snake bite    5. b) splint
- B. 1. first aid                      2. dogs, cats                      3. water                      4. fire extinguisher    5. Anti – tetanus  
6. Medicines
- C. 1. False (A sprain is a major injury and requires treatment by a doctor.)  
2. True  
3. False (The victim of a snake bite should not move.)  
4. False (Naphthalene balls cannot be left around for the children to play at home.)  
5. True
- D. 1. The immediate help given to a sick or an injured person before taking him or her to the doctor is called the first aid.  
2.

S. No	Sprain	Fracture
1.	A sprain occurs when a part of your body turns or gets twisted and swells up.	When a bone in the body breaks or cracks, it is called a fracture.
2.	It can cause swelling and sometimes discoloration of the skin	It can cause swelling of the affected area.

3. Any easily available articles, such as a magazine, a piece of cardboard or wood, or a pillow around the injured bone can act as a splint. ( draw a

diagram given on page no. 324)

4. The saliva of some animals such as dogs, cats, monkeys and wolves contain germs. When these animals bite someone, they release this saliva into the skin of the victim. This saliva can cause a deadly disease called rabies
5. Fire extinguishers are the special devices by the means of which fire can be put out. ( draw a diagram on page no. 327)

### Long answer questions

1. In case of a minor wound, it should be cleaned with a piece of cotton dipped in an antiseptic solution such as Dettol. After that an antiseptic cream should be applied or a bandage should be put over the wound.
2. a) Make a child sit in a comfortable upright position with his head leaned slightly forward.
  - Ask a child to put a wet handkerchief over the nose. Do this until the bleeding stops.
  - Put an ice pack over the nose. This would ensure that bleeding does not start again.
  - Ask the patient to breathe through the mouth for some time.
  - If the bleeding does not stop, take the patient to a doctor.
- b)
  - Wash the wound with soap and water to remove the saliva.
  - Apply an antiseptic on the wound in order to prevent infection.
  - Take the victim to a doctor. The doctor may give anti-rabies injections.
3. a) **A splint:** Any easily available articles, such as a magazine, a piece of cardboard or wood, or a pillow around the injured bone can act as a splint.
- b) **A sling:** A piece of cloth that is easily available, such as a muffler, towel or a dupatta, can be wrapped around the neck and used as a sling.
4. Do not move the victim. This is because movement will cause the poison to spread faster.
  - Tie a piece of cloth or a bandage just above the bite. This would slow down the movement of the infected blood towards the heart.
  - Take the victim to a doctor. Anti-venom injections may be necessary
  - It is always better to take precautions when we walk through the area where snakes are found. Wear high boots to protect our feet from snake bite.
5. Poisoning can be prevented in the following ways:
  - Keep all medicines far from the reach of children.
  - Throw away the medicines that have crossed their expiry date.
  - Do not leave naphthalene balls around if there are small children at home.
  - Properly wash vegetables and fruits before eating them. They may have been contaminated with harmful pesticides.
  - In case of any kind of poisoning, make the victim vomit. Take the victim to the doctor immediately.

6. Fire can be put out in the following ways:

- If paper or wood or cloth is on fire, it can be extinguished by throwing water or sand or mud over it if a person's clothes catch fire, then make him roll on the ground and cover him with a blanket.
- If the fire has been caused by petrol, throw sand or mud over it.
- If the fire has been caused due to an electric short circuit or petrol, it can be controlled by throwing sand or mud over it.
- Fires can also be put out by using special devices called fire extinguishers.