



INDIAN SCHOOL AL WADI AL KABIR
DEPARTMENT OF EVS [2025 – 2026]

LESSON: HEALTH AND DISEASES
RESOURCE PERSON: MS. BIBI KHUTEJA

WORKSHEET-1

NAME: _____ **CLASS: V SEC:** _____ **DATE:** _____

I. Read the following questions and circle the correct answer.

1.	A deficiency of Vitamin B causes _____.						
a.	Beriberi	b.	Scurvy	c.	Rickets	d.	Goitre
2.	Which of the following is caused by the female Anopheles mosquito?						
a.	Chicken pox	b.	Malaria	c.	jaundice	d.	typhoid
3.	Which of the following is a non-communicable disease?						
a.	Viral fever	b.	Measles	c.	Night blindness	d.	Cholera
4.	The lack of _____ causes Marasmus.						
a.	proteins	b.	fats	c.	carbohydrates	d.	a, b and c
5.	Name the scientist who invented the vaccine to prevent smallpox _____.						
a.	Edward Jenner	b.	Louis Pasteur	c.	Both a & b	d.	none

II. State whether the given statements are True or False.

1.	People who do not get enough food to eat suffer from malnutrition.	
2.	Germs travel from a healthy person to a sick person.	
3.	A disease is a condition that does not allow the body to work properly.	
4.	Common cold and viral fever spread through the air.	

III. Match the following.

COLUMN A		COLUMN B	
1	Chicken pox and measles	a	Air
2	Typhoid and Jaundice	b	Aedes mosquito
3	Dengue	c	Infected food and water
4	Diphtheria and Tuberculosis	d	Direct contact

Ans: 1. _____ **2.** _____ **3.** _____ **4.** _____

IV. For the following questions, two statements are given - one labelled Assertion (A) and the other labelled Reason (R). Select the correct answer to these questions from the codes a), b), c) and d) as given below.

- a) Both A and R are true and R is the correct explanation of the A
- b) Both A and R are true but R is not the correct explanation of the A.
- c) A is true but R is false.
- d) A is false but R is true.

Sr. No		Statements	Answer
1	Assertion	Vaccination is an effective way of preventing communicable diseases.	
	Reason	Vaccination does not create immunity against a particular disease.	
2	Assertion	Rickets is a vitamin A deficiency disease.	
	Reason	Bowed legs and deformed bones are the symptoms of rickets.	
3	Assertion	Deficiency diseases are non-communicable.	
	Reason	Deficiency diseases are caused by a lack of nutrients and not by germs.	
4	Assertion	The diseases that spread from one person to another are called communicable diseases.	
	Reason	Children suffering from communicable diseases must not be allowed to go to school till recovery.	

V. Observe the pictures and fill in the blanks to complete the statements.

1. The woman in the picture is suffering from a disease called _____ . In this disease, the _____ gland becomes enlarged, causing a noticeable _____ of the _____ gland, near the neck. This disease occurs due to a deficiency of _____ in the body. To prevent this disease, one should include _____-rich foods in the diet, such as fish, _____ and _____.



2. Vaccines help our body develop _____ against a particular disease. Some common vaccines given to all children include the _____ vaccine to prevent polio, the _____ vaccine to prevent measles, mumps, and rubella, and the _____ vaccine to prevent diphtheria, pertussis (whooping cough), and tetanus.



VALUE / LIFE LESSON

Always remember, "Prevention is better than cure." Stay healthy, happy, and safe.