

SCIENCE H.W. WORKSHEET- CLASS V
DATE OF SUBMISSION:

Q 1 Write two examples for each of the following:

- (a) Food rich in energy
- (b) Food rich in calcium
- (c) Food rich in vitamins
- (d) Food rich in roughage

Q 2 Answer the following:

- (a) Sahil has been told by the doctor that he has less iron in his blood. What would you advise Sahil to eat?

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- (b) Why should we cover our mouth while we cough or sneeze?

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Q 3 Name the mineral or vitamin that performs the following function:

- (a) Builds red blood cells:
- (b) Keeps teeth and bones healthy:
- (c) Is good for eyes:
- (d) Helps the body to absorb calcium:
- (e) Helps in proper growth of body: