

1<sup>st</sup> Term Worksheet

Subject – Science

Class – V

Name :

Sec. :

Chapter – 2  
[Bones and Muscles]

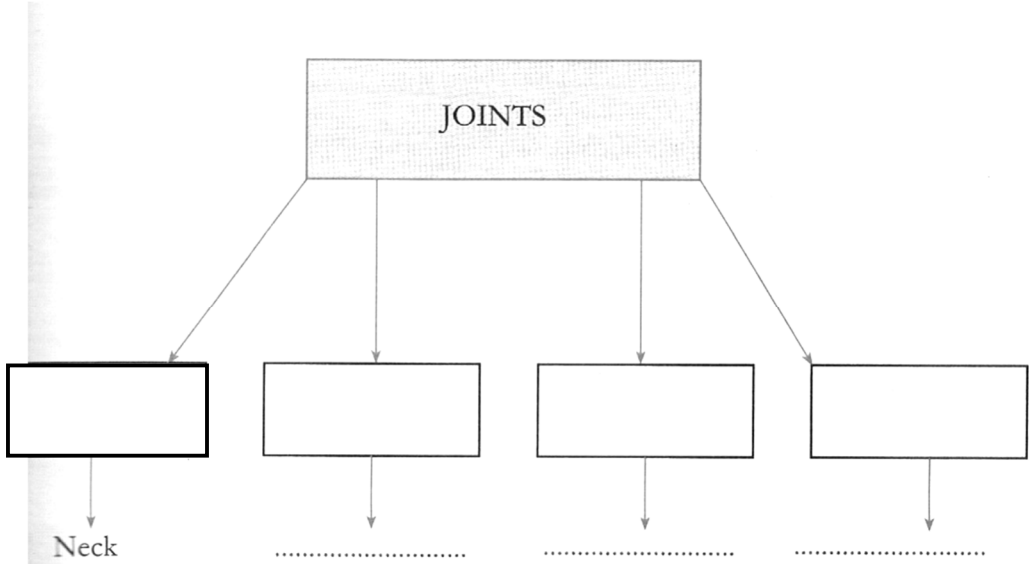
Keywords: [30]

Tendons: \_\_\_\_\_

Ligaments: \_\_\_\_\_

Exercise: [31-33]

[A] Fill in the boxes with the names of the main types of joints in the skeletal system. Give one example of each joint in the body. [31]



[B] Multiple Choice Questions: [31-32]

- (i) Which of these protects the heart?
  - (a) Skull
  - (b) Spine
  - (c) Rib cage
  - (d) Hip bones
- (ii) Which of these is true for the bones in the skull?
  - (a) No bones are movable
  - (b) All bones are movable
  - (c) Only the upper jaw bone is movable
  - (d) Only the lower jaw bone is movable
- (iii) In which of these joints can the bones move only in an up and down direction?
  - (a) Hinge
  - (b) Ball and socket
  - (c) Pivot
  - (d) Sliding
- (iv) How do the biceps and triceps make the arm move up and down?
  - (a) Both biceps and triceps push the bones
  - (b) Both biceps and triceps pull the bones
  - (c) Biceps pull and triceps push the bones
  - (d) Triceps pull and biceps push the bones
- (v) Which of these muscles are not in our control?
  - (a) Biceps
  - (b) Triceps
  - (c) Heart muscles
  - (d) All voluntary muscles

[C] Fill in the blanks: [32]

- 1. The \_\_\_\_\_ system gives the body its shape.
- 2. The \_\_\_\_\_ ribs are not joined to the breastbone.
- 3. The knee has a \_\_\_\_\_ joint.

4. Blood cells are made in the bone \_\_\_\_\_.
5. The \_\_\_\_\_ hold bones together at the joints.
6. The muscles are attached to the bones by \_\_\_\_\_.

[D] Put (✓) for true, and (✗) for false: [32]

1. Bones are hard on the outside but soft inside. \_\_\_\_\_
2. An adult has about 300 bones. \_\_\_\_\_
3. The skull contains several movable bones. \_\_\_\_\_
4. If you exercise your muscles, they become stronger. \_\_\_\_\_

[E] What are the functions of the skeleton? [32]

Ans.

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[F] What are the functions of the following? [32]

1. The spine : \_\_\_\_\_  
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2. The ribs : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Voluntary muscles : \_\_\_\_\_  
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[G] What is a joint? [32]

Ans.

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[1] (i) Explain the structure of the ball and socket joint.

(ii) What kind of movement does such a joint allow?

**Thinking Questions:** [33]

Ans- \_\_\_\_\_

2. Your heart muscles are involuntary. What is the advantage of this?

Ans- \_\_\_\_\_

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3. Your brain, located in your head, is a delicate organ. But if someone gives you a slap on the head the brain does not get damaged. Why?

Ans- \_\_\_\_\_

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**Chapter – 3**  
**[Food and Health]**

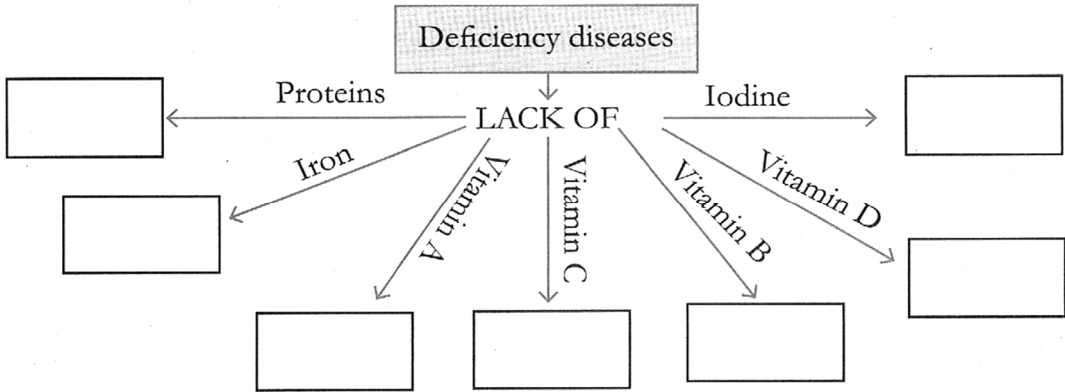
**Keywords:** [44]

Deficiency diseases: \_\_\_\_\_

\_\_\_\_\_

**Exercise:** [44-46]

[A] Fill in the blank boxes in the mind map of deficiency diseases. [44]



[B] Multiple Choice Questions:

[44-45]

- (i) Which nutrients are fruits and vegetables rich in?
- (a) Carbohydrates and fats (b) Carbohydrates and proteins
- (c) Vitamins and minerals (d) Fats and proteins
- (ii) Which of these give the most energy?
- (a) Fats (b) Carbohydrates
- (c) Proteins (d) Minerals
- (iii) Which of these food items is rich in vitamins A, B and D and also in calcium?
- (a) Milk (b) Apple
- (c) Meat (d) Bread
- (iv) Which of these is a deficiency disease?
- (a) Malaria (b) Common cold
- (c) Scurvy (d) Cholera
- (v) Which of these diseases is caused deficiency of proteins, carbohydrates and fats?
- (a) Marasmus (b) Kwashiorkor
- (c) Anaemia (d) High blood pressure
- (vi) Which of these diseases can arise because of wrong lifestyle?
- (a) Obesity (b) Diabetes
- (c) High blood pressure (d) All of these

[C] Put (✓) for true, and (✗) for false:

[45]

1. Roughage cannot be digested.
2. Proteins help in growth and repair of our bodies. \_\_\_\_\_
3. Vitamins and minerals are required in large quantities. \_\_\_\_\_
4. Sunlight is a good source of vitamin D. \_\_\_\_\_
5. Fermentation is used to make food more nutritious. \_\_\_\_\_
6. Diet control and exercise can be used to prevent life style diseases. \_\_\_\_\_

[D] Fill in the blanks:

[45]

1. A diet containing all nutrients in right quantities is a \_\_\_\_\_ diet.
2. Besides the five nutrients, we need \_\_\_\_\_ and \_\_\_\_\_ to remain healthy.
3. \_\_\_\_\_ diseases are caused by lack of certain nutrients in the diet.
4. Deficiency of the mineral \_\_\_\_\_ in the diet causes anaemia.
5. Adding substances to food that reduces its quality is called food \_\_\_\_\_.
6. A person suffering from diabetes has excess \_\_\_\_\_ in his or her blood.

[E] Match the food with the nutrient it is most rich in:

[46]

- | Column A         | Column B   |
|------------------|------------|
| 1. Proteins      | (a) Bread  |
| 2. Carbohydrates | (b) Oils   |
| 3. Fats          | (c) Pulses |

[F] Match the deficiency disease with the food you would eat to get better:

[46]

- | Column A           | Column B          |
|--------------------|-------------------|
| 1. Anaemia         | (a) Iodised salt  |
| 2. Goitre          | (b) Orange, lemon |
| 3. Scurvy          | (c) Apple         |
| 4. Night blindness | (d) Carrot        |

[G] Name the nutrients your body needs to remain healthy. Give two examples of food rich in each. [46]

Ans. \_\_\_\_\_

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[H] Why is eating sprouted seeds considered to be healthy? [32]

Ans. \_\_\_\_\_

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[I] Why are diseases such as diabetes and high blood pressure called lifestyle diseases?

Ans. \_\_\_\_\_

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[J] What is obesity? What effects can it have on your health?

Ans. \_\_\_\_\_

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**Thinking Questions:** [46]

Which diseases are these children suffering from? What would you suggest they do?

1. Alia cannot see well if the light is dim.

Ans- \_\_\_\_\_

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2. Karim has a swelling in the neck.

Ans-

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3. June’s gums bleed often.

Ans-

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**Chapter – 4**  
**[Pollination]**

**Keywords:** [51]

Pollen: 

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Pollination: 

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**Exercise:** [52-53]

[A] Look at this picture of a bee sitting on a flower: [52]



1. Why do you think the bee visited the flower?

Ans. 

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2. What are the yellow grains on the body of the bee?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Which part of the flower has it got the yellow grains from?

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Name the process that will happen when it visits another flower of the same kind.

Ans. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[B] Multiple Choice Questions:

[52-53]

(i) The reproductive organ of a flowering plant is the:

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|------------|----------|
| (a) Flower | (b) Leaf |
| (c) Fruit  | (d) Stem |

(ii) In which of these flowers are male and female parts found in the same flower?

- |              |                      |
|--------------|----------------------|
| (a) Maize    | (b) Hibiscus         |
| (c) Cucumber | (d) Both (a) and (c) |

(iii) Which of these attract insects in an insect pollinated flower?

- |            |            |
|------------|------------|
| (a) Sepals | (b) Petals |
| (c) Pistil | (d) Stamen |

(iv) During pollination which of these gets transferred from one flower to another?

- |            |             |
|------------|-------------|
| (a) Petals | (b) Anthers |
| (c) Pollen | (d) Stigma  |

[C] Put (✓) for true, and (✗) for false:

[53]

1. The brightly coloured parts of a flower are the sepals. \_\_\_\_\_
2. The stamen is male part of a flower. \_\_\_\_\_
3. All flowers have male and female parts in the same flower. \_\_\_\_\_
4. Pollen grains are produced in the stigma. \_\_\_\_\_
5. Pollination cannot happen between two flowers of the same plant. \_\_\_\_\_
6. Insects are attracted to all flowers. \_\_\_\_\_

[D] Draw a labelled diagram of a flower.

[53]



[E]      What is pollination?      [53]

Ans.

[F]      What is the difference between self-pollination and cross-pollination?      [53]

Ans.

[G]      Why are insects not attracted to wind-pollinated flowers?      [53]

Ans.

[H]      What changes occur in a flower after pollination?      [53]

Ans.

**Keywords:** [61]

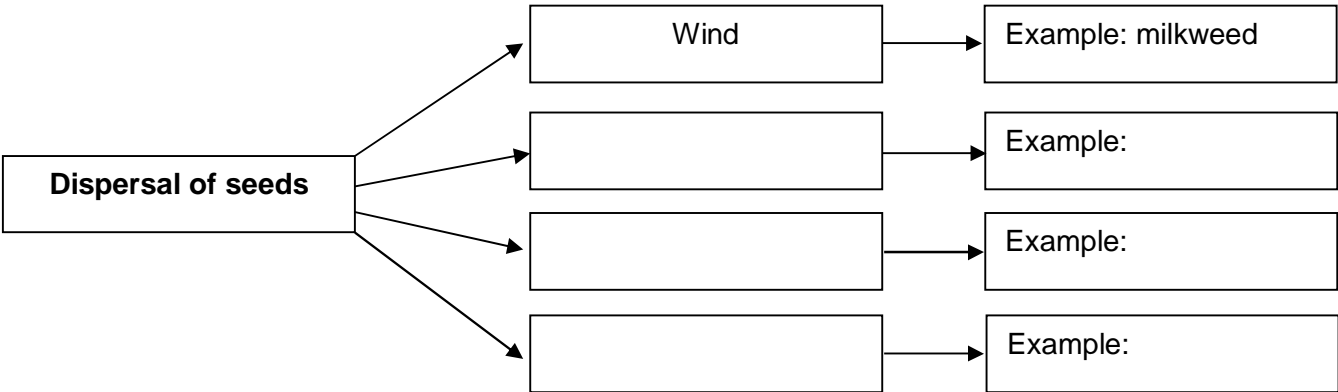
Vegetative reproduction: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Fertilization: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Seedling: \_\_\_\_\_

**Exercise:** [62-64]

[A] Complete the mind map on dispersion of seeds: [62]



[B] Multiple Choice Questions: [62-63]

- (i) Which of these reproduces through the stem?
- (a) Potato (b) Bryophyllum  
(c) Sweet potato (d) Fern
- (ii) Which of these can reproduce from leaves?
- (a) Onion (b) Pine  
(c) All flowering plants (d) Bryophyllum
- (iii) A seed has been kept for a long time. Which of these is necessary for it to start germinating?
- (a) Water (b) Air  
(c) Warmth (d) All of these
- (iv) Bina discovered a seed which was surrounded by soft light hairs. Which of these is likely to be the agent of dispersal of the seed?
- (a) Water (b) Air  
(c) Animals (d) Explosion of fruit
- (v) Most flowering plants reproduce through:
- (a) Seeds (b) Spores  
(c) Leaves (d) Stem

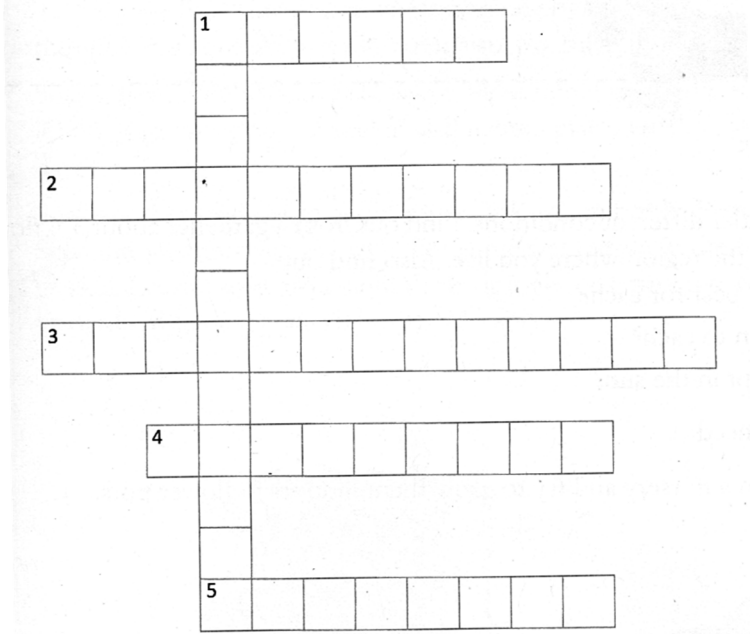
[C] Put (✓) for true, and (✗) for false: [63]

1. All plants reproduce from seeds. \_\_\_\_\_
2. The baby plant in the seed starts using the food stored in the seed after dispersal. \_\_\_\_\_
3. The seed needs sunshine to start growing. \_\_\_\_\_
4. The process of a pollen grain landing on a stigma is known as fertilization. \_\_\_\_\_
5. After fertilization, the ovary changes into a fruit. \_\_\_\_\_

[D]

Solve the crosswords puzzle:

[63]



Down:

1. Pieces of stem that can grow into new plants.

Across:

1. Tiny things produced instead of seeds by some plants for reproduction.  
2. Growth of a baby plant from a seed.  
3. Joining of a male cell with a female cell.  
4. Scattering of seeds away from the parent plant.  
5. It protects the seed.

[E]

What is fertilization?

[63]

Ans. \_\_\_\_\_

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[F]

What changes happen in a flower after fertilization?

[63]

Ans. \_\_\_\_\_

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[G]

How does a potato plant reproduce?

[63]

Ans. \_\_\_\_\_

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[H] Why is dispersal of seeds necessary? [63]

Ans.

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[I] What do you mean by agents of seed dispersal? Name four such agents. [63]

Ans.

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[J] What are the characteristics of seed dispersed by wind? [63]

Ans.

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**Thinking Questions:** [64]

1. Plants produce many seeds. But many of them are destroyed or eaten up. Suppose all seeds grew up into adult plants. What problems can this lead to?

Ans-

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2. Seeds can start germinating even after they are stored for years. Can this happen in animals too?

Ans- \_\_\_\_\_

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3. Some seeds that are dispersed by humans and animals have juicy fruits. How does this help?

Ans- \_\_\_\_\_

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