

NEW ERA PUBLIC SCHOOL, RAJBAGH
SOLVED ASSIGNMENT OF UNIT-Ist, (2020-21)

Topic :- FOOD AND HEALTH

CLASS :- 5th

Lesson no. :- 01

SUBJECT :- SCIENCE

Q1 Name the five types of nutrients in food that keep you healthy and fit.

Ans The five types of nutrients in food that keep us healthy and fit are the carbohydrates, fats, proteins, vitamins and minerals.

Q2 What is the importance of roughage in your diet?

Ans Roughage adds bulk to food and helps our muscles to push the food through our intestine. It also helps our body to get rid of undigested food.

Q3 Why have foods been divided into four groups?

Ans Foods have been divided into four groups because this helps us to make the selection of a balanced diet easily.

Q4 What is a balanced diet?

Ans A diet that contains the right amounts of all nutrients as well as water and roughage is called a balanced diet.

Q5 How does chickenpox spread from an

ill person to a healthy person?

Ans When a sick person coughs, sneezes or spits, germs are released into the air. When a healthy person breathes this infected air, the germs can enter the healthy person's body and in this way chickenpox spread from an ill person to a healthy person.

Q6 What are vaccines? How do they help us get immunity against a disease?

Ans Vaccines are a preparation containing usually killed or weakened micro-organisms that is given usually by injection. When they enter the body, the body produces substances that can fight the germs. Thus, the body becomes capable of fighting any future attack from germs of that disease.

Q7 What is the difference between infectious and non-infectious diseases?

Ans Infectious diseases are the diseases that can spread from one person to another whereas non-infectious diseases are the diseases that do not spread from one person to another.

Q8 What effect does lack of exercise have on your body?

Ans Lack of exercise makes our muscles

Weak. Extra fat will accumulate in our body and make us overweight and unhealthy.

(A) Multiple Choice questions

Answers

- 1., a, bread 2., c, baking 3., c, dengue
4., b, goitre

(B) Match the words in the two columns.

Answers

1. - d. energy giving food.
2. - f. cannot be digested
3. - a. mosquitoes
4. - e. lack of vitamin A
5. - c. vitamin C
6. - b. Lack of vitamin D

(C) Give one word for the following:

Answers

- 1, Proteins 2, Preservatives 3, Chickenpox
4, Disinfectants

(D) Unscramble the letters to form words:

Answers.

- 1, CARBOHYDRATE
2, COMMUNICABLE
3, DISEASE
4, IMMUNISATION

Topic :- ROCKS AND MINERALS

Lesson no. :- 02

Q1 What are rocks made up of?

Ans Rocks are made up of minerals.

Q2 How are Igneous rocks formed?

Ans Igneous rocks are formed when magma cools either below or above the surface of the earth.

Q3 Explain how sedimentary rocks are formed.

Ans Sedimentary rocks are formed from older rocks that have been broken into tiny fragments. Wind and rain carry these tiny bits of rocks to rivers, lakes, and seas where they sink to the bottom and form layers called sediments. Over millions of years, these layers are turned into the sedimentary rocks.

Q4 Define the following

(i) Magma :- Magma are the molten rock material that originates under the earth's crust and forms igneous rock when it has cooled.

(ii) Ore :- A naturally occurring mineral or rock from which a useful substance especially a metal can be extracted at a reasonable cost.

(iii) Sandstone :- Sandstone is a type of rock which contains a lot of sand.

(iv) Metamorphic rocks:- A metamorphic rock is a type of rock which has been changed by extreme heat and pressure.

Q5 How are rocks useful to us?

Ans Rocks are used as building materials, for extracting metals and as gemstone in jewellery.

Q6 How is coal formed?

Ans Coal is formed from the remains of plants that grew in forests millions of years ago.

(A) Multiple Choice Questions

Answers

1, c, Calcite 2, d, Pumice 3, Conglomerate
4, b, Coal

(B) Mark '✓' for true and 'X' for false statements.

Answers

1, ✓ 2, X 3, X 4, ✓ 5, ✓

(C) Fill in the blanks

Answers

1, Minerals 5, Ores
2, Magma
3, Lava
4, heat and pressure.

Topic :- SOIL EROSION AND CONSERVATIONLesson no. :- 03

Q1 How is soil useful for living things?

Ans Plants use the nutrients in the soil to grow and make food. All animals depend on plants directly or indirectly for food. Many animals live in the soil. Thus soil is very useful for living things.

Q2 What is weathering of rocks? In what way is it useful to us?

Ans The process of breaking down of bigger rocks into smaller rocks by some factors such as sunlight etc is called weathering of rocks.

Weathering breaks down the initial rock mass into smaller fragments. Thus preparing the rock material for the formation of the soil.

Q3 What do you mean by soil erosion?

Ans Soil erosion refers to the wearing away of the topsoil by the natural forces like wind and water.

Q4 How is soil eroded by water?

Ans As rainwater flows over the land, it carries a part of the soil with it. This results in soil erosion. Soil erosion by water is greater in hilly areas as water flows down faster.

Q5 In what ways have the activities of humans resulted in increased soil erosion?

Ans Human activities have reduced plant cover and caused an increase in soil erosion. Humans have cleared forests to build farms, cities, factories and roads, and for their requirements of wood. This leaves the land bare of vegetation and increases soil erosion.

Q6 How do the following help in reducing soil erosion?

Ans (i) Planting trees:- Planting trees reduce the rate of soil erosion by protecting the soil from the impact of rain and by binding soil to sloping land with their roots.

(ii) River embankments:- Rivers constantly erode the soil on their banks. Strong embankment of rock and soil build along the banks prevent soil erosion.

(iii) Step farming:- Along the slopes of hills, farming is done by cutting steps in the slopes. This reduces the speed of water as it flows down, thus reducing soil erosion.

(iv) Soil cover:- After a crop is harvested and before the next crop is sown,

the soil remains bare. The soil can be easily eroded by wind and water. To prevent this, farmers either grow grass or cover the land with dried vegetation.

(A) Multiple Choice questions.

Answers:

- 1, b, pollution
- 2, fast flowing river
- 3, flood
- 4, Step farming.

(B) Mark '✓' for true and 'X' for false statements

Answers

- 1, ✓
- 2, ✓
- 3, ✓
- 4, X
- 5, X

(D) Fill in the blanks.

Answers

- 1, rocks
- 2, erosion
- 3, Deforestation
- 4, Conservation
- 5, Terrace

PRACTICE THE CHAPTER WISE DIAGRAM ALONG WITH LABELLING OF THE FOLLOWING

- 1, Types of Igneous rocks (any two) - Page no. 12
- 2, Types of sedimentary rocks (any two) - Page no. 13
- 3, Weathering - Page no. 20
- 4, Process of photosynthesis - Page no. 26