

Chapter-4**GRADE:5****Topic: Cleanliness and Health****Month: July/Aug****Subject: Science****Q.I New words:**

1. Cleanliness
2. Hygiene
3. Habits
4. Infection
5. Personal
6. Surroundings
7. Biodegradable
8. Non-biodegradable
9. Recycle
10. Reduce

Inbuilt Questions Textbook Exercises

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Tick (✓) the activities we should do and cross (X) the activities we should not do.

1. (X) 2. (✓) 3. (✓)

Exercise For Revision

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A. Fill in the blanks.

1. six 2. ears 3. shampoo 4. clean

B. Tick() the correct answers.

- (d) 1. 2. (d) 3. (b) 4. (a)

Exercise For Revision

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A. Fill in the blanks.

1. open 2. Mosquitoes 3. Aedes 4. Infectiou

B. Match the following.

1. (d) 2. (c) 3. (a) 4. (b)

A. Write 'T' for true and 'F' for false sentences. Rewrite the false sentences correctly.

1. F; Biodegradable wastes decompose easily.
2. T
3. T
4. T

B. Tick() the correct answers.

1. (d) 2. (d) 3. (b)

Short answer questions:

(Remembering, Understanding, Reasoning)

Q1. What is hygiene? Why is it necessary for us to maintain hygiene?

Ans: The good habits that ensure cleanliness and good health are called hygiene. Proper hygiene prevents diseases and keeps us healthy.

Q2. Write two ways of taking care of our body.

Ans: Two ways of taking care of our body are-

- (i) We should take a bath daily with clean water and soap.
- (ii) We should use a clean towel to dry our body after taking a bath.

Q3. What type of food should we eat to keep our eyes healthy?

Ans: We should eat vegetables and fruits like spinach, carrot, cabbage, mango and papaya to keep our eyes healthy.

4. What is vaccination?

Ans: The process of giving vaccines is called vaccination.

5. How does common cold spread through air?

Ans: Common cold germs from sick person is released into air through cough, sneeze or spit. These germs enter inside healthy person's body and makes him sick.

6. How does malaria spread?

Ans: Malaria spreads by the bite of Anopheles mosquito. When mosquito bites a person suffering from malaria and sucks the germs. When it bites a healthy person, germs are transferred.

7. Why should we keep the food covered?

Ans: We should keep our food covered as houseflies and other germs carrying insects sit on the exposed food and contaminate it.

B. Long answer questions:

(Remembering, Understanding, Logical Thinking)

Q1. What is meant by biodegradable and non-biodegradable wastes? Why is it important to separate these wastes?

Ans: Biodegradable waste: Waste that can be decomposed by microorganisms over a period of time so that it can harm the environment is called biodegradable waste. E.g.- peels of fruits and vegetables, agricultural waste etc.

Non-Biodegradable waste: Waste that cannot be decomposed by micro-organisms and stay unchanged over time is called non-biodegradable waste. E.g. plastic.

It is important to separate the biodegradable and non-biodegradable waste so that they can be disposed properly.

Q2. How can we prevent diseases?

Ans: We can prevent diseases-

- (i) By covering our nose and mouth while coughing and sneezing.**
- (ii) By avoiding close contact with a person suffering from an infectious disease.**
- (iii) By not eating food from road-side vendors.**
- (iv) By keeping our body clean.**

Q3. Describe the ways to keep our surroundings clean.

Ans: We can keep our surroundings clean in following ways-

- (i) Clean the kitchen floor, toilet and bathroom with disinfectants regularly.**
- (ii) Do not throw garbage in the open. Keep the dustbins covered.**
- (iii) Drains should be covered.**
- (iv) Clean the coolers regularly.**
- (v) Do not allow water to collect inside old tyres, drums and buckets.**

Q4. How can we reduce the generation of waste at individual level?

Ans: We can reduce the generation of waste-

- (i) By not buying a new school bag, lunch box etc, when we have already one.**
- (ii) By using cloth bags instead of polythene bags.**
- (iii) By taking as much food on our plate as we can eat.**
- (iv) By using metal plates instead of plastic plates**

Teacher Signature: Mrs. Rupa P

Principal Signature