

NATURAL SCIENCE

Name: _____

OUR HEALTH

5th grade

1. Match.

Carbohydrates

Helps your body grow

Fruit

Should be taken in small amounts

Dairy

Provides lots of energy

Pulses

Keeps your bones strong

Oil

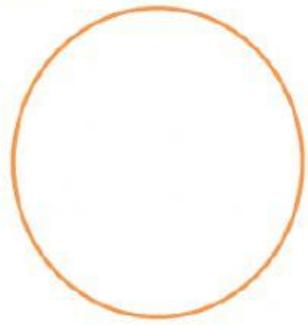
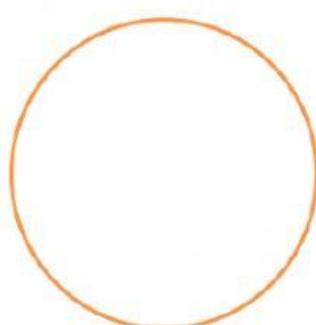
Keeps us healthy

2. Drag the words in the correct circles.

Carbohydrates

Dairy

Minerals



Cheese	Bread	Fish	Potatoes	Banana	Pasta
Rice	Tomato	Yogurt		Lentils	

3. Choose the correct word.

- a) Going to bed late every night is healthy/unhealthy.
- b) Eating lots of fruit and vegetables is healthy/unhealthy.
- c) Coughing and not covering our mouth is healthy/unhealthy.
- d) Washing our hands after we go to the toilet is healthy/unhealthy.
- e) Watching TV all weekend is healthy/unhealthy.
- f) Playing sport is healthy/unhealthy.

4. Complete the table.

Bacterial infection	Genetic disorder	Bacterial infection	Lining of the brain
Lungs, intestines, liver and pancreas			

Disease	Part of the body affected	Genetic disorder or bacterial infection?
Celiac disease	small intestine	
Cystic fibrosis		Genetic disorder
Pneumonia	lungs	
Meningitis		

5. Write TRUE or FALSE and correct the false sentences.

a) You should always walk on the pavement when you walk to school. T / F

b) You must wear a cycle helmet on the school bus. T / F

c) When cycling it is best to wear bright, reflective clothes. T / F

d) It doesn't matter if you make a lot of noise on the school bus. T / F

6. Order the text to describe what to do if someone is cut.

_____ Elevate the cut above the heart to stop the bleeding.

1 _____ The first thing you should do is tell an adult. If there is no adult nearby, you should follow these instructions.

_____ Clean the cut with water.

_____ Use a clean bandage and put pressure on the cut.