

WORKSHEET #1

Science Grade 5

Name -Surname: _____

Class: _____

Number in Class: _____

PART A: Match the type of sickness!

| | | | |
|---|--|---|------------------|
| 1 | Happens when some of the cells in your body multiply too fast! | A | Genetic diseases |
| 2 | These affect your moods and the way you behave! | B | Cancer |
| 3 | Sometimes body organs such as the heart or kidneys, stop working properly! | C | Poor nutrition |
| 4 | Mistakes in your genes cause disease such as cystic fibrosis! | D | Organ failure |
| 5 | Eating too much, too little or unhealthy food can make you ill! | E | Injuries |
| 6 | It happens when your body reacts badly to something like pollen or cat hair! | F | Allergies |
| 7 | When your body is damaged such as broken bones, cuts or burns! | G | Mental illnesses |

PART B: select the type of nutrient! (Carbohydrates, Proteins, Fats, Minerals, Vitamins)

8 They give energy and warmth to the body and also control bodily functions! _____

9 They provide amino acid for building and repairing body cells! _____

10 They stores energy in the body! _____

11 A person who frequently eats large amounts of pizza, fried chicken and burgers is eating a great deal of unhealthy _____. _____

12 Meat, fish, tofu, and cheese are rich sources of _____. _____

13 Rice and potatoes are rich source of _____. _____

14 They are very small amounts of metallic elements that are needed for the healthy growth of these and bones! _____

15 We can get them mostly from fruits and vegetables! _____

16 People only need a small amount of them for a healthy body! _____