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

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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! _____

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