

## 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! \_\_\_\_\_