

# PRACTICE WORKSHEET 1: GERMS AND DISEASES | CLASS 5 SCIENCE

## Part A: Multiple Choice Questions (5 Marks)

1. What are microbes that cause diseases called?
    - a) Antibodies
    - b) Vaccines
    - c) Germs
    - d) Enzymes
  2. Which of these diseases is caused by a virus?
    - a) Typhoid
    - b) Chickenpox
    - c) Malaria
    - d) Tuberculosis
  3. Which of the following is NOT a way germs enter the body?
    - a) Through broken skin
    - b) Breathing polluted air
    - c) Reading a book
    - d) Drinking contaminated water
  4. What is the purpose of a vaccine?
    - a) To treat existing diseases
    - b) To prevent diseases by building immunity
    - c) To remove toxins from the body
    - d) To cure allergies
  5. Which of the following is an example of a congenital disease?
    - a) Influenza
    - b) Down syndrome
    - c) Asthma
    - d) Chickenpox
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## Part B: Fill in the Blanks (5 Marks)

1. \_\_\_\_\_ are microorganisms that can be both helpful and harmful.
  2. Typhoid is caused by a \_\_\_\_\_ (bacteria/virus).
  3. \_\_\_\_\_ triggers the body's immune response to prevent specific diseases.
  4. Avoiding \_\_\_\_\_ can reduce the spread of communicable diseases.
  5. \_\_\_\_\_ diseases are present from birth and are not caused by infections.
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## Part C: True or False (5 Marks)

1. All microbes are harmful to humans. (True/False)
  2. Personal hygiene can help prevent the spread of diseases. (True/False)
  3. Drinking boiled water can prevent waterborne diseases. (True/False)
  4. Allergies are caused by viruses. (True/False)
  5. Germs can only enter the body through the skin. (True/False)
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## Part D: Short Answer Questions (5 Marks)

1. Name two ways in which germs can enter the body.
  2. How does vaccination help in disease prevention?
  3. What are two examples of useful microbes, and how do they help us?
  4. List three examples of common allergy triggers.
  5. What are the symptoms of food poisoning caused by harmful germs?
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## Part E: Long Answer Questions (5 Marks)

1. **Explain the differences between harmful and useful microbes.** Provide examples of each.
  2. **How can we prevent the spread of communicable diseases?** Mention at least four methods with examples.
  3. **Describe the causes and symptoms of allergies.** How can allergies be managed effectively?
  4. **Why is maintaining a clean environment important for preventing diseases?** Include examples of practices that help.
  5. **What are congenital diseases?** Explain their causes and provide two examples. How can some of these conditions be prevented?
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## Answer Key with Detailed Explanations

### Part A: Multiple Choice Questions

1. c) Germs
    - Explanation: Germs are harmful microbes that can cause diseases.
  2. b) Chickenpox
    - Explanation: Chickenpox is caused by the varicella-zoster virus.
  3. c) Reading a book
    - Explanation: Germs do not spread through activities like reading.
  4. b) To prevent diseases by building immunity
    - Explanation: Vaccines prepare the immune system to fight infections.
  5. b) Down syndrome
    - Explanation: Down syndrome is a congenital disease present from birth.
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### Part B: Fill in the Blanks

1. Microbes
  2. Bacteria
  3. Vaccination
  4. Close contact with sick people
  5. Congenital
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### Part C: True or False

1. False (Some microbes, like probiotics, are beneficial.)
  2. True
  3. True
  4. False (Allergies are caused by allergens, not viruses.)
  5. False (Germs can enter through skin, airways, and ingestion.)
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### Part D: Short Answer Questions

1. **Ways germs enter the body:** Through contaminated food or water, and through cuts or wounds in the skin.
  2. **Vaccination:** It introduces a weakened or inactive form of a germ into the body, teaching the immune system to fight it.
  3. **Useful microbes:**
    - *Lactobacillus* helps in making yogurt.
    - *Penicillium* produces antibiotics like penicillin.
  4. **Allergy triggers:** Dust, pollen, certain foods like peanuts.
  5. **Symptoms of food poisoning:** Nausea, vomiting, diarrhea, and stomach cramps.
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## Part E: Long Answer Questions

1. **Harmful vs. Useful Microbes:**
  - Harmful: Cause diseases (e.g., Salmonella causing food poisoning).
  - Useful: Aid in digestion (e.g., probiotics), production of antibiotics (e.g., Penicillium).
2. **Preventing Communicable Diseases:**
  - Personal hygiene (washing hands).
  - Safe food and water (boiling water).
  - Vaccination (polio vaccine).
  - Avoiding close contact with sick people.
3. **Allergies:**
  - Causes: Immune system overreaction to allergens like dust or pollen.
  - Symptoms: Sneezing, skin rashes, watery eyes.
  - Management: Avoid triggers, use antihistamines.
4. **Clean Environment:**
  - Prevents breeding of germs.
  - Practices: Proper waste disposal, clean drinking water, maintaining sanitation.
5. **Congenital Diseases:**
  - Causes: Genetic defects, complications during pregnancy.
  - Examples: Down syndrome, congenital heart defects.
  - Prevention: Prenatal care, avoiding harmful substances during pregnancy.