# PRACTICE WORKSHEET 3: GERMS AND DISEASES | CLASS 5 SCIENCE

## Part A: Multiple Choice Questions

1. What are harmful microbes commonly known as?
   a) Pathogens
   b) Vaccines
   c) Nutrients
   d) Enzymes

2. Which of the following is NOT a method of germ transmission?
   a) Contaminated food
   b) Vaccination
   c) Direct contact with infected individuals
   d) Inhalation of germs in the air

3. Congenital diseases are:
   a) Caused by harmful microbes.
   b) Inherited or present at birth.
   c) Only caused by poor hygiene.
   d) Always preventable by vaccination.

4. Which of the following is an example of a communicable disease?
   a) Diabetes
   b) Tuberculosis
   c) Cancer
   d) Asthma

5. Which symptom is most commonly associated with allergies?
   a) High fever
   b) Coughing up blood
   c) Sneezing and itching
   d) Sudden paralysis

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## Part B: Fill in the Blanks

1. Germs like bacteria and viruses are responsible for causing _____ diseases.
2. _____ is an inherited disease that can affect the structure of red blood cells.
3. A _____ environment reduces the chances of harmful microbes spreading.
4. The process of making water free from germs is called _____.
5. Vaccination helps to protect the body by developing _____ against diseases.

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### Part C: True or False

1. Congenital diseases are caused by germs entering the body. (True/False)
2. Allergies are caused by the immune system reacting to harmless substances. (True/False)
3. Personal hygiene is not necessary to prevent the spread of communicable diseases. (True/False)
4. Germs can enter the body through contaminated food and water. (True/False)
5. Vaccines strengthen the immune system against specific diseases. (True/False)

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### Part D: Short Answer Questions

1. Name two ways to prevent the spread of germs in daily life.
2. What are communicable diseases? Provide two examples.
3. Explain the role of vaccines in protecting against diseases.
4. What are allergens, and how do they trigger an allergic reaction?
5. What are some common hygiene practices that prevent diseases?

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### Part E: Long Answer Questions

1. **Describe how harmful microbes spread in different ways.** Include examples of diseases for each method.
2. **Explain the importance of personal hygiene in preventing communicable diseases.** Include examples of practices to maintain hygiene.
3. **Discuss the significance of vaccinations in preventing the spread of diseases.** Include how vaccines work and examples of vaccine-preventable diseases.
4. **What are congenital diseases?** Discuss their causes, examples, and preventive measures.
5. **List and explain common methods to ensure safe food and water for disease prevention.**

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## Answer Key with Detailed Explanations

### Part A: Multiple Choice Questions

1. a) Pathogens
    - Explanation: Harmful microbes are called pathogens, which include bacteria, viruses, and fungi.
2. b) Vaccination
    - Explanation: Vaccination prevents diseases rather than transmitting germs.
3. b) Inherited or present at birth
    - Explanation: Congenital diseases are non-communicable conditions that are inherited or arise during fetal development.
4. b) Tuberculosis
    - Explanation: Tuberculosis is caused by bacteria and can spread through the air.
5. c) Sneezing and itching
    - Explanation: Allergies often cause symptoms like sneezing, itching, and watery eyes.

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### Part B: Fill in the Blanks

1. Communicable
2. Sickle cell anemia
3. Clean
4. Purification
5. Immunity

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### Part C: True or False

1. False
    - Explanation: Congenital diseases are caused by genetic factors or developmental issues, not germs.
2. True
    - Explanation: Allergies result from the immune system reacting to allergens like pollen or dust.
3. False
    - Explanation: Personal hygiene, like handwashing, is critical for preventing the spread of germs.
4. True

- Explanation: Contaminated food and water are major sources of germs causing diseases like cholera.

5. True
    - Explanation: Vaccines train the immune system to recognize and fight specific germs.

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**Part D: Short Answer Questions**

1. **Preventing Germs:**
    - Regular handwashing with soap.
    - Avoiding contact with sick individuals.
2. **Communicable Diseases:**
    - Diseases that spread from person to person (e.g., flu, chickenpox).
3. **Role of Vaccines:**
    - Vaccines introduce a harmless form of germs to stimulate immunity, protecting the body.
4. **Allergens and Reactions:**
    - Allergens are harmless substances (e.g., pollen) that cause immune overreaction, leading to symptoms.
5. **Hygiene Practices:**
    - Washing hands, covering mouth while sneezing, and using clean utensils.

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**Part E: Long Answer Questions**

1. **How Microbes Spread:**
    - Airborne (e.g., flu through coughing).
    - Waterborne (e.g., cholera through contaminated water).
    - Direct contact (e.g., chickenpox through skin contact).
2. **Personal Hygiene:**
    - Practices like bathing regularly, washing hands, and using clean water prevent the spread of diseases like diarrhea.
3. **Vaccination:**
    - Vaccines prepare the body to fight specific diseases (e.g., polio, measles). They prevent outbreaks and protect communities.
4. **Congenital Diseases:**
    - Caused by genetic mutations or developmental issues (e.g., Down syndrome). Prevention includes prenatal care and genetic counseling.

5. **Safe Food and Water:**
    - Methods include boiling water, washing fruits and vegetables, and proper food storage to prevent contamination.

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Let me know if you'd like more sets or revisions! 😊