



INTERNATIONAL INDIAN SCHOOL, TABUK

TERM- 1 (SESSION: 2025-26)

PRACTICE SHEET- 2

CLASS: V

SUBJECT: EVS

TOPIC: 2. BONES AND MUSCLES

I CHOOSE THE CORRECT OPTIONS.

- Without the _____ our body would be a heap of organs.
(a) skeleton (b) heart (c) lungs
- This structure protects the spinal cord.
(a) skull (b) ribs (c) vertebral column
- The movement of the shoulder is allowed by this joint.
(a) pivot (b) gliding (c) ball and socket
- Muscles of the heart are called _____ muscles.
(a) cardiac (b) voluntary (c) involuntary

II DEFINE.

- Skeletal System
- Bone Density
- Cranium

III MATCH THE FOLLOWING.

SL NO:	A	B
1.	Skull	(a) Spinal cord
2.	Rib cage	(b) Intestines, bladder
3.	Backbone	(c) Heart, lungs
4.	Pelvic Girdle	(d) Brain

IV	ANSWER THE FOLLOWING QUESTIONS. 1. Explain the two divisions of skeletal system. [Hint: The axial skeleton and the appendicular skeleton] 2. Name the four types of joints. 3. What is the function of rib cage?				
V	DIFFERENTIATE. <table border="1"> <tr> <td>1.</td><td>VOLUNTARY MUSCLES</td><td>INVOLUNTARY MUSCLES</td></tr> </table>		1.	VOLUNTARY MUSCLES	INVOLUNTARY MUSCLES
1.	VOLUNTARY MUSCLES	INVOLUNTARY MUSCLES			
VI	ASSERTION-REASON Choose the correct option. 1. Assertion(A): We are able to move our jaw. Reason(R): The upper jaw bone is not fixed. a) If both Assertion (A) and Reason (R) are true and R is correct explanation of A. b) If both A and R are true but R is not the correct explanation of A. c) A is true but R is false. d) A is false and R is true.				
	TOPIC:3. LET'S BE CLEAN AND HEALTHY				
I	CHOOSE THE CORRECT OPTIONS. 1. This is an example of biodegradable waste. (a) plastic bottle (b) Polythene bag (c) Fruit peels 2. These cannot be seen with naked eye. (a) Houseflies (b) Mosquitoes (c) Microorganisms 3. _____ is a non-communicable disease. (a) Diabetes (b) Common cold (c) Chicken pox 4. There are no vaccines for this disease. (a) Dengue (b) Hepatitis A (c) Diphtheria				

II	NAME THE DISEASES FOR THE FOLLOWING SYMPTOMS.		
	1. Infection of the eye _____.		
	2. Parasitic infection of the intestines _____.		
	3. Fever and acute joint pain _____.		
	4. Fever, shivering and body ache _____.		
III	DIFFERENTIATE.		
	1.	BIODEGRADABLE WASTE	NON-BIODEGRADABLE WASTE
	2.	COMMUNICABLE DISEASES	NON-COMMUNICABLE DISEASES
III	ANSWER THE FOLLOWING QUESTIONS.		
	1. Suggest four ways to keep your neighbourhood clean.		
	2. List two preventive measures for mosquito-borne diseases.		
	3. Why should not we share our water bottle with others?		
IV	ASSERTION-REASON		
	Choose the correct option.		
	1. Assertion(A): Houseflies do not spread any diseases.		
	Reason(R): Houseflies breed in faeces and garbage.		
	a) If both Assertion (A) and Reason (R) are true and R is correct explanation of A.		
	b) If both A and R are true but R is not the correct explanation of A.		
	c) A is true but R is false.		
	d) A is false and R is true.		
V	PICTURE BASED QUESTION. (a) Explain the given image		

TOPIC: 4. SAFETY FIRST

I CHOOSE THE CORRECT OPTION.

1. While lighting up a lamp, we should be dressed in _____.
(a) synthetic clothes (b) cotton clothes (c) silk clothes
2. In case of fire we should dial.
(a) 101 (b) 102 (c) 103
3. We should wear _____ while using electrical appliances.
(a) rubber slippers (b) sneakers (c) high heels
4. We should apply an ice pack on
(a) cut (b) wound (c) sprain

II FILL IN THE BLANKS.

1. We should wear _____ clothes while cycling.
2. The head of a person should be placed _____ in case of a Nose bleed.
3. A _____ box should be ready in case of an injury.
4. A bandage should be tied tightly above the wound in case of a _____.

III DEFINE.

1. First aid
2. Sprain
3. Dehydration.

IV ANSWER THE FOLLOWING.

1. What should be done to treat an animal bite?
[Hint: Insect bite, Snake bite, Monkey and Dog bite, Wasp bite]
2. Why is it necessary to apply antiseptic ointment on a wound?
3. What is first aid? How is it important?

V	<p>Read the paragraph and answer the following questions.</p> <p>Whenever there is a burn, we should cool the burn by running cold water over the burnt area. We should apply an anesthetic cream to soothe the pain. We should not touch the blisters. The wound should be covered with loose gauze to protect the affected area.</p> <p>1. We should wash the burnt area with</p> <p>(a) hot water (b) running cold water</p> <p>(c) normal water (d) spirit</p> <p>2. We should apply _____ cream on burnt area.</p> <p>(a) antibiotic (b) anesthetic (c) antiseptic (d) spirit.</p>
VI	<p>ASSERTION-REASON</p> <p>Choose the correct option.</p> <p>1. Assertion(A): We cannot easily detect an LPG leakage.</p> <p>Reason(R): The LPG has a very distinct smell.</p> <p>a) If both Assertion (A) and Reason (R) are true and R is correct explanation of A.</p> <p>b) If both A and R are true but R is not the correct explanation of A.</p> <p>c) A is true but R is false.</p> <p>d) A is false and R is true.</p>

TOPIC: 5. EAT RIGHT FEEL RIGHT

I CHOOSE THE CORRECT OPTION.

1. We need air, water and _____ to survive.
(a) clothes (b) cars (c) food
2. This is an energy-giving food.
(a) rice (b) salt (c) water
3. Vitamins and minerals are _____ nutrients .
(a) body-building (b) protective (c) energy giving
4. Our body is made up of 70% of
(a) fats (b) fibre (c) water

II DIFFERENTIATE.

1. Balanced diet
2. Nutrient
3. Deficiency disease

III FILL IN THE BLANKS.

1. Food _____ us from diseases.
2. Carbohydrates are classified into _____ and _____.
3. Body builders use _____ to build muscles rapidly.
4. Deficiency of _____ leads to goitre.

IV ANSWER THE FOLLOWING QUESTIONS.

1. What is the role of nutrients in our body?
2. Write a note on vitamins and their types.
3. What are the benefits of healthy eating?
4. Why are minerals and vitamins called protective nutrient?

V

1. Match each nutrient with the food that contains it.

Proteins •



Carbohydrates •



Vitamins •



Minerals •



Fats •



VI ASSERTION-REASON

Choose the correct option.

1. **Assertion(A):** Ghee and butter should consumed in lesser quantities in our daily diet.

Reason(R): Ghee and butter are energy giving foods.

- a) If both Assertion (A) and Reason (R) are true and R is correct explanation of A.
- b) If both A and R are true but R is not the correct explanation of A.
- c) A is true but R is false.
- d) A is false and R is true.

VII Read the paragraph and answer the following questions.

Sometimes when we eat more food than our body requirements, it gets stored in our body as fat deposits. Too much of fats leads to increase in our weight and causes obesity. We can control this disease by eating less oily and fat-rich foods. We should exercise regularly and eat healthy food.

1. What is obesity?

Ans: _____
_____.

2. To control obesity, we should eat

- (a) more oily and fat-rich food (b) less oily and fat-rich food.
(c) more carbohydrate rich food (d) less protein rich food.

3. What type of food is a cause for obesity?

- (a) Chapatti and Sabji (b) Pizza and fast food.
(c) Milk and bread (d) Boiled eggs.

VII WRITE THE DEFICIENCY DISEASES OF FOLLOWING VITAMINS. (Using the helpbox)

Beri Beri	Night blindness
Gum bleeding and scurvy	Rickets

1. Vitamin A:

2. Vitamin B:

3. Vitamin C:

4. Vitamin D:

TOPIC: 6. MAPS AND GLOBES

I CHOOSE THE CORRECT OPTION.

- Physical features of an area can be shown on a _____ map.
(a) political (b) physical (c) road
- Water bodies are denoted by _____ colour on a map.
(a) green (b) yellow (c) blue
- The criss-cross network of lines on globe is called
(a) grid (b) equator (c) latitudes
- This is the largest continent of the Earth.
(a) Europe (b) Australia (c) Asia.

II DEFINE.

- Grid
- Equator
- Key or Legend

III FILL IN THE BLANKS.

- _____ map are used to locate capital of a country.
- _____ is a miniature model of the Earth.
- The equator is at _____ degree latitude.
- There are _____ lines of longitude.

IV ANSWER THE FOLLOWING.

- What are latitudes and longitudes? Draw diagrams.
- How can we locate a place on Earth?
- Why are maps important for us?
- Why are colours and symbols used on a map?

V

ASSERTION-REASON

Choose the correct option.

1. **Assertion(A):** We use symbols to represent different things in a map.

Reason(R): Symbols have no importance in maps.

a) If both Assertion (A) and Reason (R) are true and R is correct explanation of A.

b) If both A and R are true but R is not the correct explanation of A.

c) A is true but R is false.

d) A is false and R is true.