

DR. M.K.K. ARYA MODEL SCHOOL

HOLIDAYS HOMEWORK

CLASS – V

SUBJECT – SCIENCE

1. Learn chapter looking around, 1, 2, 3, and 4 with assignment.
2. Read chapter 5 and 6 and frame questions with answers on A-4 size sheet.
3. Grow a plant from the buds of potato, write the procedure and record the observation on A – 4 size sheet. Bring the germinated potato.
4. Paste five pictures each of sources of carbohydrates, proteins, fats, vitamins, minerals in science practical file.
5. Prepare the following topic for science talk –
 - Section A –Human hand in the depletion of resources.
 - Section B – Healthy food v/s (versus) junk food.
 - Section C – Importance of resources and their conservation.
 - Section D – Prevention is better than cure.
 - Section E – Human contribution in keeping the Earth clean and green.
 - Section A1- Eating well for good health.
6. Find out the answers of following questions and write in a separate notebook.
 - i. Which component of food is not present in milk?
 - ii. Read the items of food listed below. Classify them into carbohydrate rich, protein rich and fat rich food items and fill them in the given table.

Moong dal, fish, mustard oil, sweet potato, milk, rice, egg, beans, butter, butter milk, cottage cheese, peas, maize, white bread.

Carbohydrate rich food item	Protein rich food item	Fat rich food item

- iii. Tasty food may not always be nutritious and nutritious food may not always be tasty to eat. Comment with examples.
- iv. Riya was doing an experiment in the laboratory. While using iodine, some drops of iodine fell on potato and some fell on apple. The drops of iodine on the potato turned blue black while its colour did not change on apple. What can be the possible reason?
- v. Siya avoids eating vegetables but likes to eat biscuits, noodles and white bread. She frequently complains of stomachache and constipation. What are the food items that she should include in her diet to get rid of the problem? Give reason for your answer.

- vi. 'Water does not provide nutrients, yet it is an important component of food.' Explain.
- vii. Minerals and vitamins are needed in very small quantities by our body as compared to other components of food, yet, they are an important part of a balanced diet.' Explain the statement.
- viii. Rahul was having difficulty in seeing things in dim light. The doctor tested his eyesight and prescribed a particular vitamin supplement. He also advised him to include a few food items in his diet.
 - a) Which deficiency disease is he suffering from?
 - b) Which food component may be lacking in his diet?
 - c) Suggest some food items that he should include in his diet. (any four)
- ix. Why it is recommended to not to eat excess of fats though they are energy giving food?
- x. Why patients and sportsperson are given glucose solution?
- xi. Deficiency of which nutrient make a person thin and weak and causes stunted growth? What would you suggest to eat to overcome the problem?
- xii. A child is having a swollen neck. Which disease is he suffering from? What might be the reason behind it? Suggest some food items to eat to overcome this problem.
- xiii. Sara was studying the process of germination. She took some seeds of gram and put them separately in four glass dishes, labelled as A, B, C, D. She kept them for 4-5 days under the conditions given in table-

Dish A	Kept the seeds on moist cotton at room temperature.
Dish B	Kept the seeds without water at room temperature.
Dish C	Kept the seeds in a dish completely filled with water at room temperature.
Dish D	Kept the dish, having seeds, on moist cotton in an ice-box or a refrigerator.

- Which seeds (write the name of dish) would have been germinated after 4-5 days?
Give reason for your answer.
- xiv. Can we grow plants only from the seeds? Explain your answer with the help of examples.
 - xv. Why a farmer plough the fields before growing the crops?
 - xvi. Allen was not feeling well. He went to hospital and told the doctor that he is feeling very weak and is suffering from fever, night sweats, loss of appetite, continued cough and chest pain.
 - a) From which disease is he suffering?
 - b) Is it communicable or non- communicable disease?
 - c) Suggest him some preventive measures or treatment for the same.
 - xvii. Who should eat more carbohydrate-rich food items: a labourer or a judge? Why?

- xviii. Why is it important to save resources? Write any five ways in which you can help to save them.
- xix. What is a seed coat? What is its function?
- xx. In Raju's factory, a fire was caused due to electrical short circuit (due to electricity). His friend suggests everyone to use water to put out the fire. Do you think he was correct? Give reason for your answer. What should he use to put out the fire?
- xxi. Classify the following as physical and chemical changes-
- a) Crushing a can
 - b) Process of photosynthesis
 - c) Breaking a glass
 - d) Chopping an apple
 - e) Digestion of food
- xxii. Ramu was trying to open the lid of jam's bottle (made of glass) but he was not able to open it. His mom suggests him to dip the bottle of jam in warm water. Is she correct? Why or Why not?
- xxiii. In winters, Mr. Pal has wiped his car dry in the evening, but the next day, he saw that his car was wet again even though it had not rained at night. Explain what might have happened at night?
- xxiv. What happens to the movement of particles of a substance when it is heated and cooled?
- xxv. Why an ice cube taken out of the freezer starts melting and forms water?