GLOBAL ACADEMY

CLASS -V

SESSION 2025-26

WORKSHEET- SCIENCE

Q1. Prepare a balanced diet for all three meals of the day?

Q2. Research and prepare a report on how to reduce food waste during social gathering?

Q3. Write five good eating habits which make us fit and healthy?

Q4. Write the causes and prevention of non communicable diseases?

Q5. Diarrhoea is a common disease in children. Write the symptoms and prevention from the diseases?

Q6. Make a chart listing the Do’s and Donts to prevent spread of communicable diseases

Q7. Justify the statement ‘ Every packed food item has its manufacturing date and best before date label on it’.