

Right Vision Intl Schools

Grade 5 A/B

Science Practice Sheet

Name: _____

Date: 22/10/2024

Q1. Label these foods as coming from plants (P) or animals (A)



apple



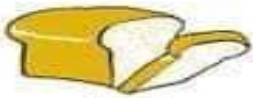
eggs



cherries



bacon



bread



banana



sausage



strawberries



pear



carrot



peas



cheese

Q2. Unscramble the words to make 5 nutrients.

slneamri _____

bcaohyrdtraes _____

afst _____

optiners _____

tavimnis _____

Q3. Write the names of nutrients for each of these.

a) They provide energy. Digestion breaks them into simple sugars. _____

b) Simple substances the body needs to build bones and perform other tasks. _____

c) needed for growth and repair. _____

d) They supply energy and are used to build some body parts, excess is unhealthy. _____

e) Special substances the body needs in small amounts but cannot make itself. _____

Q4. Explain briefly the importance of these minerals in diet.

a) Iron: _____

b) Calcium: _____

c) Salt: _____

Q5. Circle the correct answers.

a) These living things obtain nutrients from sunlight, air, water and soil.
plants / animals / bacteria

b) This substance does not provide nutrition, but helps waste pass through the digestive system.

Protein / fat / fibre

c) These living things obtain nutrients by eating other living things.
plants / animals / bacteria

d) This process breaks the food we eat into simpler substances
excretion / respiration / digestion

Q6. Mark (✓) or (X) for the following statements.

a) Rice is a good source of protein.

b) Milk contains carbohydrate, protein, fat, minerals and vitamins.

c) Humans are adapted to survive by eating only one type of food.

d) Foods that contain fat turn iodine solution black.

e) Digested food is absorbed in the stomach.

f) Bacteria help to digest the food in your intestine.

g) The alimentary canal is about 7 m long.

h) You cannot swallow food when you are upside down.

Q7. Unscramble the words to make correct sentences.

- healthy to We mixture stay must eat a of foods different

- contains A diet balanced carbohydrates, proteins, vitamins, minerals and some fats

Q8. List four important uses of water in the body.

a) _____

b) _____

c) _____

d) _____

Q9. Write the names of the foods.

a) A carbohydrate rich food. _____

b) A protein rich food. _____

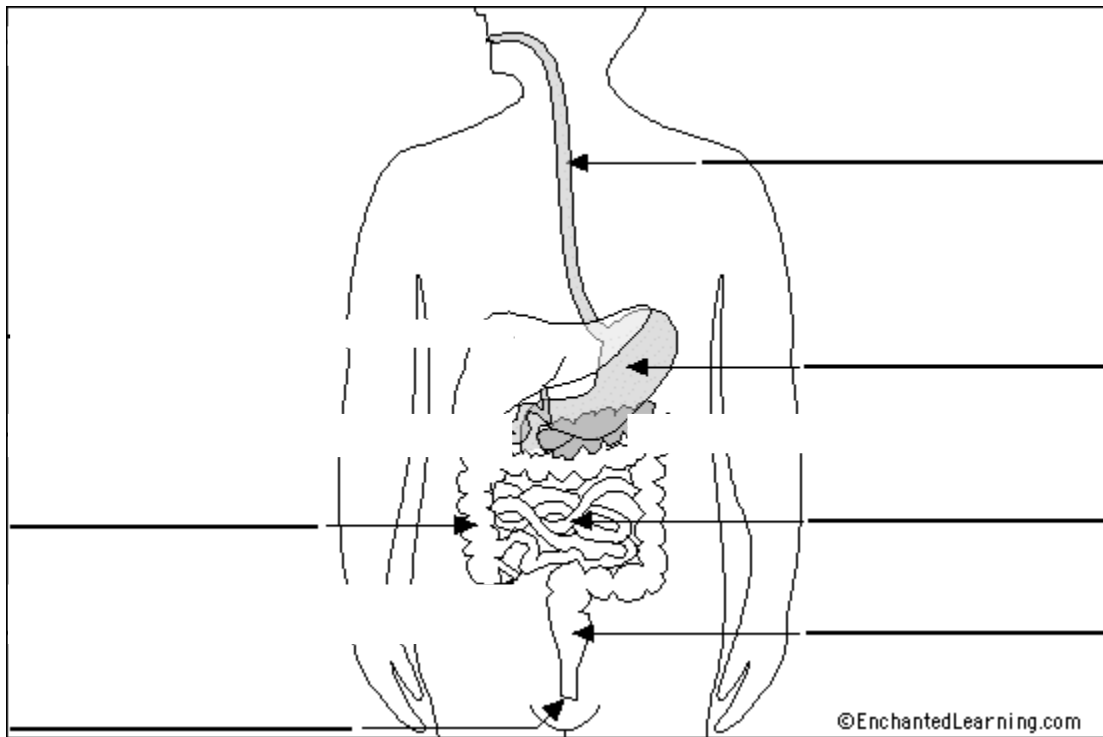
c) A fatty food. _____

d) A vitamin rich food. _____

e) A food that contains fibre. _____

Q10. Label the parts of the alimentary canal.

Rectum	Small intestine	Gullet	Stomach	Anus	Large intestine
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Q11. Complete the sentences from the words in the box.

(Pupil's book Page 13)

carbohydrates	fibre	nutrients	proteins	fats	minerals	nutrition	vitamins
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Our food gives us the different _____ our bodies need to stay healthy and grow. We need _____ for energy, and _____ for growth and repair. We need some _____ for making and maintaining body parts, but not too many. To stay healthy, we also need _____ and _____ in small quantities. _____ does not give us nutrition, but it helps waste pass easily through the body.

(Pupil's book Page 16)

butter	meat	nutrients	food tests	starchy	sweet
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Food contain different _____.
_____ and _____ foods are rich in carbohydrates. Dairy foods, nuts, beans, fish and _____ are good source of proteins. Oil, margarine and _____ are fatty foods. We can use _____ to identify different nutrients a food contains.

(Pupil's book Page 22)

calories	energy	calorimeter	food label
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Different foods provide different amount of _____.
Scientists measure the energy content of foods by burning them in a _____.
When you are resting, your body need about one _____ of energy per minute.
The energy content of packaged food can be found on the _____.

(Pupil's book Page 25)

absorption	acid	alimentary canal	digestion	enzymes
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The food you eat passes through the _____.
The stomach makes _____ to kill any bacteria on the food. _____ changes the food into substances the body can use. Special chemicals called _____ break the different nutrients into smaller parts. _____

takes place through the wall of small intestine. This is where the substances produced by _____ pass into the blood.

Q12. Answer these questions.

Q1. Define:

- a) Nutrients
- b) Nutrients
- c) Balanced Diet
- d) Dehydrated
- e) Calorie
- f) Calorimeter

Q2. Write the names of five food groups.

Q3. Which food group turns iodine solution black?

Q4. What is digestion?

Q5. What happens to your food in your stomach?

Q6. Where the absorption of food takes place in your body?