



SCHOOL ACADEMIC RESOURCE

Academic Year & Term	2026 – 27, Term 1
Class	V
Subject	General Science
Topic/Chapter	Mid – Term Revision Worksheet
Prepared by	Ms. Suganya Siva , Ms. Nazia Pagarkar
Section [KG/Middle/Secondary etc.]	Upper Primary Sections
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Name: _____

Sec: _____

Roll No: _____

L-3 FOOD AND HEALTH

I. FILL IN THE BLANKS:

1. A diet that contains all the major nutrients, water and roughage in the right amounts is called a _____.
2. Rice, potatoes and sugar are rich sources of _____.
3. _____ help our body grow and repair damaged tissues.
4. Diseases that spread from an infected person to a healthy person are called _____ disease.
5. Lack of Vitamin A in the diet causes a deficiency disease known as _____.
6. _____ is carried by lice which live in sick person.
7. _____ is the source of stored energy in our body.
8. Regular exercises help to keep the _____ and _____ strong.
9. Vaccination was discovered by _____.
10. _____ is a disease caused due to the lack of proteins in the body.

II. WRITE TRUE OR FALSE:

1. Proteins gives us energy to work. _____
2. Plague is spread by the rat flea. _____
3. Bacteria are very small organisms having different shapes. _____
4. Amoebic dysentery is caused by virus. _____
5. Diseases can also spread through hookworms or larvae found in soil _____

III. MATCH THE FOLLOWING:

Column A

1. Vitamin C
2. Iron Deficiency
3. Lack of Iodine
4. Calcium
5. Rabies

Column B

- | | |
|---------------------------|---------|
| a. Virus | () |
| b. Goitre | () |
| c. Strong Bones and Teeth | () |
| d. Anaemia | () |
| e. Scurvy | () |

IV. READ THE STATEMENT AND CHOOSE THE CORRECT OPTION:

1. **Assertion (A):** Fibre is important for a healthy digestive system.

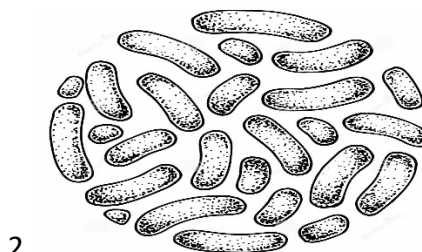
Reason (R): Fibre helps in the smooth movement of food through the digestive tract.

2. **Assertion (A):** Regular hours of sleep are important for our health.

Reason (R): Sleeping regularly makes our heartbeat faster throughout the night.

- a) Both A and R are true, and R is the correct explanation of A.
b) 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, but R is true.

V. PICTURE IDENTIFICATION:



L-5 HUMAN SKELETAL SYSTEM

I. FILL IN THE BLANKS:

1. The framework of bones in our body is called the _____.
2. An adult human body has _____ bones and about _____ muscles
3. The skull protects the _____.
4. The backbone is also called the _____ column.
5. The backbone is made up of 33 bones called _____.

6. Bones are held together by tough tissues called _____.
7. Muscles are attached to bones by strong fibres called _____.
8. The _____ joint allows movement in all directions.

II. NAME THE FOLLOWING:

1. The joint that allows movement in one direction only _____
2. The place where two bones meet is called a _____
3. The long bone in the upper arm is called the _____
4. The thigh bone is also called as _____
5. The joint between two vertebrae is a _____
6. The muscles of the heart are called _____

III. MATCH THE FOLLOWING:

Column A	Column B	
1. Hinge joint	a. Wrists and ankles	()
2. Gliding joint	b. Attached to bones by tendons	()
3. Muscles	c. Knees and elbows	()
4. Ligaments	d. Smooth muscles	()
5. Involuntary muscles	e. Hold bones together	()

IV. WRITE TRUE OR FALSE:

1. The skeleton gives shape and support to our body. _____
2. The skull protects the heart and lungs. _____
3. Muscles can push bones as well as pull them. _____
4. Cardiac muscles work automatically and are involuntary. _____

V. READ THE CASE STUDY CAREFULLY AND ANSWER THE QUESTIONS:

During her morning exercise, Ayesha noticed that she could bend her arms at the elbows and move her shoulders in different directions. Her teacher explained that these movements are possible because of joints. She also learned that the bones give shape and support to the body, while the muscles help the bones move. The teacher advised Ayesha to exercise regularly and eat a balanced diet to keep her bones and muscles strong.

Answer the following:

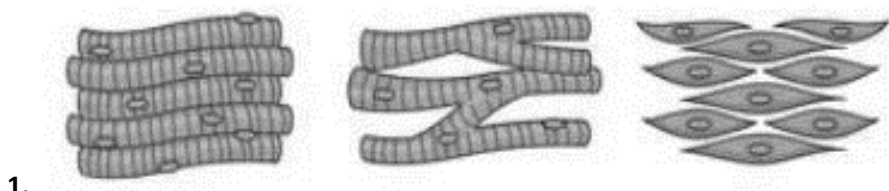
1. What allows different parts of Ayesha's body to move?

2. Which type of joint is present at the shoulder?

3. What is the role of muscles in movement?

4. Mention **one** way Ayesha can keep her bones and muscles healthy.

VI. PICTURE IDENTIFICATION:



_____ , _____ , _____

L – 11 AIR AROUND US

I. FILL IN THE BLANKS:

1. Ozone is made up of _____ oxygen atoms.

2. The two main gases present in air are _____ and _____.

3. _____ helps in the formation of different weather.

4. NASA deployed _____ aeroplane in stratosphere layer.

5. Air has weight and it occupies _____.

6. Carbon dioxide gas is used by plants for _____.

7. _____ helps to suck a liquid with a straw.

8. The layer of atmosphere where the earth's atmosphere becomes a part of the space is _____.

9. The _____ of Earth holds the air around our planet.

10. Atmosphere protects us from harmful _____.

II. CHOOSE THE CORRECT ANSWER:

1. Which gas is necessary for burning?
a) Nitrogen b) Oxygen c) Carbon dioxide d) Hydrogen
2. Air is a mixture of different _____.
a) liquids b) gases c) solids d) metals
3. Which activity adds more harmful gases and smoke to the air?
a) Planting trees b) Cycling c) Burning fuels d) Walking
4. The layer of the Earth where aircrafts fly is _____.
a) Exosphere b) Troposphere c) Stratosphere d) Ionosphere
5. The most abundant gas in the atmosphere is _____.
a) Nitrogen b) Oxygen c) Carbon dioxide d) water vapour

III. WRITE TRUE OR FALSE:

1. A meteorite can make a crater in the ground if it hits the earth. _____
2. Air exerts pressure always in the upward direction. _____
3. Exhaled air contains more amount of Oxygen. _____
4. The second biggest component of air is Nitrogen. _____
5. A lift pump works on the same principle as a syringe or drinking straw. _____

IV. READ THE CASE STUDY CAREFULLY AND ANSWER THE QUESTIONS:

During a science activity, the teacher gave the students a balloon and a paper windmill. When the students blew into the balloon, it became bigger. The windmill also started moving when air passed over it. The teacher explained that although air cannot be seen, these activities show that air occupies space and moving air is called wind. She also reminded them that air is a mixture of different gases and is essential for living things.

Answer the following:

1. What happened when air was blown into the balloon?

2. What made the paper windmill move?

3. What do these activities prove about air?

4. What is moving air called?

5. Why is air important for living things?

V. GIVE REASONS:

1. A candle goes off after sometimes when it is covered by a jar or a tumbler.

VI. IDENTIFY AND LABEL THE DIFFERENT PARTS OF THE GIVEN PICTURE:

