

SANT NIRANKARI PUBLIC SCHOOL

AVTAR ENCLAVE

CLASS-V (EVS)

CHAPTER-13 (Worksheet-1)

THE WORLD INSIDE

Date: 9 May 2020

1. Read the content given below carefully.
2. Underline the difficult words and learn them.
3. Answer the following questions based on the content.

Our body get nutrients from the food that we eat. Food we eat is broken into simple substances so that body can get all the nutrients. **The process of the breakdown of complex food into simple molecules (small particle) that can easily absorbed by the body is called digestion.**

DIGESTIVE SYSTEM

Food enters our body and passes through many **organs** to get digested. These organs work together to digest our food, makes up the **digestive system**. Digestion involves crushing and mashing of the food as well as breaking down of food by certain **enzymes** (substance produced by all living beings) produced by our body. Each stage is important and prepares food for next stage.

PROCESS OF DIGESTION

Often, when we think of our favourite food or we see it, we begin to salivate. This is because the brain sends signals to the body to be prepared for food.

MOUTH: The digestive system begins in the mouth where the **teeth** and **tongue** works together. The teeth help to chew, and break the food into smaller pieces.

The salivary **glands** present near the tongue secrete **saliva** which is watery liquid in the mouth. It moistens the food and mixes it to form a paste. The saliva contains an enzyme that break down the carbohydrates in the food to sugar.

The **tongue** is the Muscular organ in the mouth which is used for tasting and swallowing. Thousands of taste bud cover its surface and identify different tastes like sour, bitter, sweet and salty.

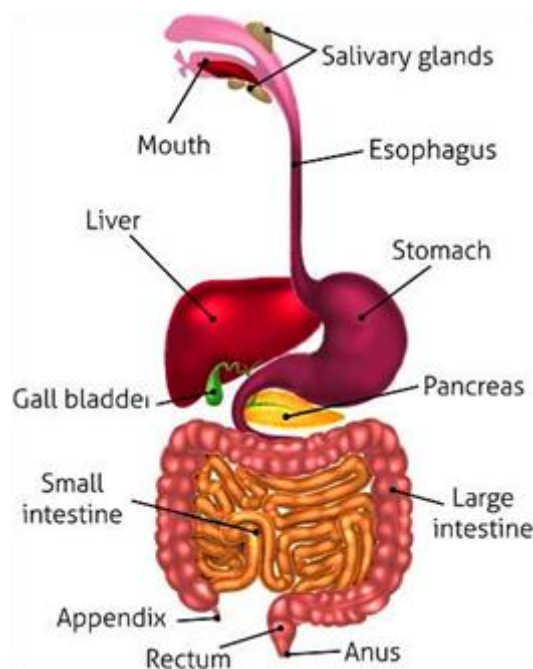
OESOPHAGUS: Food from the mouth enters a hollow tube called the **oesophagus** or food pipe. Its muscles contract and relax to push the food to the stomach.

STOMACH: The stomach muscles **grind** and **churn** the food into a semi-fluid state. The digestive juices secreted by stomach walls contain enzymes, which further break into proteins, carbohydrates and fats in our stomach.

The food then passes into small intestine

SMALL INTESTINE: The small intestine is a long **muscular tube** that mixes food with enzymes. The useful nutrients are then absorbed by the small intestine. These nutrients are then absorbed by the blood vessels, which carry them to different parts of the body. Digestion process is complete here.

LARGE INTESTINE: The **undigested** food enters the large intestine where the water and minerals are absorbed. The undigested food then gets converted into solid waste, which passes through the **rectum** as **faeces**. It exits the body through **anus**



LET'S PRACTICE

Q1. State true or false

- a. The small intestine is small muscular tube.
- b. Chewing is not a part of digestion.
- c. The small intestine is a very small part of the digestion system.
- d. The stomach muscles grind and churn the food into semi-fluid state.

Q2. Fill in the blanks.

- a. We use _____ to taste food. (tongue/taste buds)
- b. Digestion of the food is completed in the _____. (large intestine/small intestine)
- c. The organ where most of the water absorption takes place _____. (stomach/large intestine)
- d. The digested food is absorbed in the blood stream through the walls of the _____. (stomach/small intestine)
- e. The process of digestion starts even before the food enters the _____.(mouth/ stomach)
- f. The saliva _____ (moistens/dry) the food and makes it a _____ for swallowing.(paste/hard)

Q3. Answer the following questions.

- a. What happens to the food in the stomach?
- b. What is digestion? Write the organs involved in digestion process.
- c. What is the importance of large intestine?
- d. How does saliva help in digestion?

SANT NIRANKARI PUBLIC SCHOOL

AVTAR ENCLAVE

CLASS-V (EVS)

CHAPTER-13 (Worksheet-2)

THE WORLD INSIDE

Date: 12 May 2020

- 4. Read the content given below carefully.**
- 5. Underline the difficult words and learn them.**
- 6. Answer the following questions based on the content.**

IMPORTANCE OF WATER

Water is essential for good health. It breaks down the food so that the body can absorb the nutrients. Drinking water also prevents **constipation**. The body loses water through sweating, breathing and digestion, so it is important to **rehydrate**.

Children between 4 to 13 years to age should drink about 6 to 8 glasses of water in a day.

Why do we need glucose?

Glucose is a simple sugar absorbed by the blood and gives instant energy to the body.

HEALTHY AND GOOD EATING HABITS

- Eat lots of green vegetables and fruits.
- Eat meals at right time.
- Never skip breakfast.
- Eat food rich in roughage as it helps to control the movement of food in the digestive system.
- Take small bites of food and chew properly.
- Drink at least 6 to 8 glasses of water.
- Avoid going to bed immediately after eating so that food get digested in the stomach.

There are many children in our country who do not get food to eat. So we should not waste food by not eating and throwing leftovers.



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LET'S PRACTICE

Q1. Answer the following question.

- a. What is the function of water in digestion?
- b. What are some of the good and healthy eating habits?
- c. What helps the body to regain instant energy?

Q2. Draw neatly a well labelled diagram of digestive system.

संत निरंजरी पब्लिक स्कूल

अवधर स्कूल

कक्षा - पाँचवी

विषय - हिंदी

Date:

Page No.

पाठ - संज्ञा

वर्कशीट - 7

Write date: 11/05/2020

Submission date: 13/05/2020

प्र-1 संज्ञा किसे कहते हैं?

प्र-2 कोष्ठक में दिए गए शब्दों से भाषावाचक संज्ञा बनाकर वाक्य पूरे कीजिए।

- (क) भगत सिंह को वीरता प्रसिद्ध है। (वीर)
(ख) बुद्ध का देखकर बहुत अच्छा लगा। (अपना)
(ग) किसी से नहीं करनी चाहिए। (भानु)
(घ) ताजमहल को ने सभी को मुग्ध कर दिया। (सुंदर)

प्र-2 दिए गए शब्दों के पुल्लिंग रूप लिखिए।

- (क) छात्रा (ख) मालिन
(ग) कवयित्री

प्र-3 दिए गए शब्दों के स्त्रीलिंग रूप लिखिए।

- (क) पुत्रि (ख) श्रीमान
(ग) पति

प्र-4 दिए गए वाक्यों को बहुवचन में बदलिए।

- (क) परका चल रहा है।
परके चल रहे हैं।
(ख) बंदर ने टोपी पहन ली।
(ग) घोड़ा दौड़ रहा है।
(घ) मैंने केला खरीदा।

संत निरंकारी पब्लिक स्कूल

अखबार शब्दकल्प

कक्षा - पाँचवी

विषय - हिंदी

तकनीक - 8

अपठित गद्यांश

Date:

Page No.

Given date : 17.5.2020

submission date : 18.5.2020

पुस्तकालय का अर्थ है - पुस्तकें रखने का घर अर्थात् जहाँ एक से जगह पर एक साथ बहुत सारी पुस्तकें रखी जाती हैं।
एक स्कूल और कॉलेज में पुस्तकालय होता है। जो लोग नीकरी करते हैं, उन लोगों के लिए भी पुस्तकालय होता है। इसे पब्लिक लाइब्रेरी कहा जाता है। पुस्तकालय में न केवल पुस्तकें होती हैं बल्कि अखबार, पत्र-पत्रिकाएँ आदि भी होती हैं। लोग पुस्तकालय में बैठकर अपनी मनपसंद पुस्तकें, पत्र-पत्रिकाएँ, अखबार आदि पढ़ते हैं।
घर और विद्यालय में भी एक बड़ा-सा पुस्तकालय है। इसमें हिंदी, अंग्रेज़ी, गणित, संस्कृत, फ्रेंच, जर्मनी आदि विषयों की लगभग 6000 पुस्तकें हैं। यहाँ पर विभिन्न भाषाओं के शब्दकोष, पत्र-पत्रिकाएँ आदि भी हैं। पुस्तकालय में बैठकर पढ़ने के साथ पुस्तकों को घर ले जाकर पढ़ने की सुविधा भी होती है।
निम्न प्रश्नों के उत्तर लिखो।

- प्र०-1 पुस्तकालय किसे कहते हैं ?
प्र०-2 पुस्तकालय कहाँ-कहाँ होते हैं ?
प्र०-3 पुस्तकालय में पुस्तकों के अलावा क्या-क्या चीजें मिलती हैं ?
प्र०-4 गद्यांश में से 'पुस्तकालय' तथा 'स्कूल' शब्द के लिए समानार्थी शब्द छांटकर लिखिए।

SANT NIRANKARI PUBLIC SCHOOL

AVTAR ENCLAVE

CLASS –V

SUBJECT- ENGLISH (GRAMMAR)

WORKSHEET – CH 9 ADJECTIVES

WEEK -2

Given Date : 11/5/2020

Submission Date: 13/5/2020

- **Types of Adjectives**

- a) Adjectives of Quality-It tells about the kind of nouns. Example –small, big and large
- b) Adjectives of Quantity- It tells about the quantity of nouns. Example –some, enough and much
- c) Adjectives of Number- It tells about the number of nouns. Example- one,two and many
- d) Demonstrative Adjectives- It points out to nouns. Example- this, that, these, those and such
- e) Interrogative Adjectives- It asks questions. Example – what, whose and which
- f) Possessive Adjectives- It shows possession. Example- his, her, our and your

Q1. Underline the demonstrative adjectives.

- a) Who gave you this book?
- b) Such a fantastic match it was!
- c) Komal lives in that house.
- d) Those boys are my friends.

Q2. Underline the adjectives of quantity and circle the adjectives of number in the following sentences.

- a) Manish goes to his art class five days a week.
- b) Many students were absent yesterday.
- c) Please give me some water, I am thirsty.
- d) There is little food in the kitchen.

Q3. Underline the interrogative adjectives and circle the possessive adjectives in the following sentences.

- a) Children, open page 15 of your English Book.
- b) Whose books are lying on the table?
- c) Which insect is crawling on my pencil box?
- d) Which dress do you like the best?

e) SANT NIRANKARI PUBLIC SCHOOL ,AVTAR ENCLAVE

f) CLASS V MATHS

g) CHAPTER: FACTORS AND MULTIPLES

h) DATE: 8.5.2020 SUBMISSION: 12.5.2020

List All of the Factors for each number.

1) 62 _____

2) 44 _____

3) 74 _____

4) 25 _____

5) 57 _____

6) 75 _____

7) 10 _____

8) 24 _____

9) 39 _____

10) 68 _____

11) 42 _____

12) 48 _____

13) 14 _____

14) 27 _____

15) 77 _____

