



BCM SCHOOL, BASANT AVENUE, DUGRI

CLASS- V SESSION 2025-26

SUBJECT-SCIENCE ASSIGNMENT

TOPIC – FOOD AND HEALTH & SOLIDS, LIQUIDS AND GASES

**\*MULTIPLE CHOICE QUESTIONS**

1. What happens to solids when they are heated?  
a) They freeze.    b) They melt.    c) They evaporate.    d) They stay the same.
2. Which Vitamin is important for healthy eye sight?  
a) Vitamin A.    b) Vitamin B.    c) Vitamin C.    d) Vitamin D

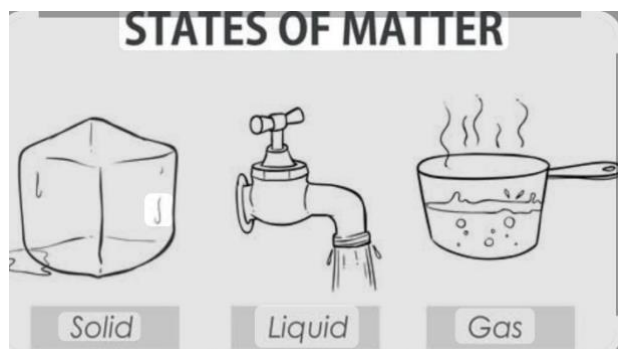
**\*ASSERTION AND REASON**

Select the correct option

- a) Both A and R are correct.
  - b) Both A and R are incorrect .
  - c) A is correct but R is incorrect.
  - d) A is incorrect but R is correct.
3. ASSERTION (A) : Liquids can flow and take the shape of the container.  
REASON (R) : The particles in a liquid are loosely packed and can move around.
  4. ASSERTION (A) : Vitamins and minerals are body building foods.  
REASON (R) : They help in protecting the body from diseases.
  5. Kabir likes to have junk food all the time What are the ill effects of having these foods ?
  6. Both carbohydrates and fats gives us energy. Find out why we need more carbohydrates and very little of fats in a healthy diet.
  7. What causes sea breeze? Explain with the help of diagrams.
  8. Define
    - a) Junk food –
    - b) Filtration –

**\* CASE STUDY**

Ritu was helping her mother in the kitchen. She saw an ice cube on the counter and asked ,” Why is the turning into water .Her mother smiled and explained that ice is a solid that changes into a liquid when it’s gets warm. Later ,Ritu saw steam rising from a boiling kettle and learned that water changes into gas when heated. She also noticed that when the kettle cooled down, water droplets formed on the lid , a process called condensation.



Read the following lines and answer the questions.

1. What state of matter is ice ? What happens to it when it melts?

Ans. \_\_\_\_\_

2. List one example of each solid, liquid and gas that Ritu saw.

Ans. \_\_\_\_\_

3. What did Ritu observe when steam cooled on the lid?

Ans. \_\_\_\_\_

**\*VERY SHORT ANSWER TYPED QUESTIONS**

1. Enlargement of gland in the neck is due to the deficiency of which Vitamin ?

Ans. \_\_\_\_\_

2. Which gas constitutes the major part of the air.?

Ans. \_\_\_\_\_

3. What do we call the wind blowing from land to sea?

Ans \_\_\_\_\_