



CREST Science Olympiad (CSO) Worksheet *for* Class 5



Topic

Healthy and Deficiency Diseases



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Worksheet on Health and Deficiency Diseases

1. Oliver's doctor has recommended him to take iron supplements due to his symptoms of weakness and fatigue. Which nutrient deficiency is likely causing Oliver's condition?
 - a. Rickets
 - b. Pellagra
 - c. Scurvy
 - d. Anaemia
2. Unscramble the words and identify the disease that is caused by a deficiency of vitamin D.
 - a. YVCRUS
 - b. BEIBRER
 - c. RCKSTIE
 - d. RKIWASKOHO
3. Select the odd one out.
 - a. Tuberculosis
 - b. Diabetes
 - c. Influenza
 - d. Typhoid
4. Which of the following is an effective measure for the prevention of communicable diseases?
 - a. Consuming a balanced diet
 - b. Engaging in regular physical exercise
 - c. Maintaining good personal hygiene
 - d. Taking medicines
5. Match the following types of diseases with their corresponding symptoms.

	Column I		Column II
1.	Goitre	A.	Weak bones, increased risk of fractures
2.	Osteoporosis	B.	Severe malnutrition, wasting of muscles, stunted growth
3.	Marasmus	C.	Bleeding gums
4.	Scurvy	D.	Swelling in the neck

- a. 1:D, 2:A, 3:B, 4:C
- b. 1:A, 2:B, 3:C, 4:D
- c. 1:D, 2:A, 3:C, 4:B
- d. 1:C, 2:B, 3:D, 4:A

Answer Key

1. d - The likely cause of Oliver's weakness and fatigue is iron deficiency because iron is essential for the production of red blood cells, which carry oxygen to the body's tissues and organs. Iron deficiency can lead to decreased oxygen supply, resulting in symptoms such as weakness and fatigue.
2. c - The disease caused by a deficiency of vitamin D is RICKETS.
3. b - The odd one out is diabetes because it is not a communicable disease, unlike tuberculosis, influenza, and typhoid, which are infectious diseases caused by pathogens.
4. c - The effective measure for the prevention of communicable diseases is maintaining good personal hygiene, which includes practices such as handwashing, proper sanitation, and cleanliness.
5. a -
Goitre: Swelling in the neck.
Osteoporosis: Weak bones, increased risk of fractures.
Marasmus: Severe malnutrition, wasting of muscles, stunted growth.
Scurvy: Bleeding gums.

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