

CLASS: 5

SUBJECT: SCIENCE

CHAPTER: FOOD AND HEALTH

Please read the chapter and learn the spellings. Write the spellings of the difficult words three times in the science copy. Learn the ANSWERS and NAME THESE given below.

A. NAME THESE:

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| 1. Two foods that can prevent night blindness: | <u>CARROT</u> and <u>TOMATO</u> |
| 2. Two foods that can prevent scurvy: | <u>TOMATO</u> and <u>LEMON</u> |
| 3. Two foods that help bones and teeth to grow well: | <u>MILK</u> and <u>FISH</u> |
| 4. Two food items with protein: | <u>EGG</u> and <u>MILK</u> |
| 5. Two food items with fat: | <u>BUTTER</u> and <u>OIL</u> |

B. ANSWERS:

1. What is a balanced diet?

Ans: A diet which contains all the nutrients in the right amount, along with roughage and water is called a balance diet. It should give us adequate nutrition every day. It is not the same for everyone.

2. Why do we need water?

Ans: Our body needs a lot of water every day. Water helps us to excrete wastes from our body, in the form of urine and sweat. It is also required to clear wastes from the digestive system. We need to drink at least four glasses of water every day.

3. Why is roughage important?

Ans: Roughage is the Fibre found in vegetables, fruits and the coverings of cereals and pulses. It helps the body to digest food and get rid of wastes, so that the digestive system stays clean.

4. What is food adulteration?

Ans: Food adulteration means something harmful mixed in the food. Some people add colour or chemicals or unwanted things to some food items, to make it look attractive or for earning more money. Adulteration of food is a punishable offence.

5. What is Deficiency Disorder?

Ans: Deficiency means "a lack of". It means a lack of certain nutrients in the body. Such disorders are called deficiency disorder. It can be prevented by a proper diet or cured by improving ones diet.

6. What is Junk Food?

Ans: Food that is high in carbohydrates and fats and low in proteins, vitamins, minerals and roughage is Junk food. It is not easy to digest such foods.

