

# Class V science

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## Chapter 3:-Food and Health

(Note down the following in your note book.)

### Exercises

#### **1. Tick the correct answer.**

- a. An example of a lifestyle disease is – ii) Obesity
- b. Our muscles become strong by – iv) All of them
- c. The nutrient that is called a protective food is – iv) vitamin
- d. Excess of this nutrient can cause obesity – iii) fat
- e. A growing child requires more of – i) proteins

#### **2. Match the following.**

- a. Vitamin A – v. Night blindness
- b. Vitamin B – i. Beri- beri
- c. Vitamin C – vi. Scurvy
- d. Vitamin D – ii. Rickets
- e. Iodine – iv. Goitre
- f. Iron – iii. Anaemia

#### **3. Give two examples of each:**

- a. Communicable diseases – Flu, COVID19.
- b. Deficiency diseases – Night blindness, Beri-beri.
- c. Foods rich in fats – oil, butter
- d. Foods rich in carbohydrates – rice, wheat.
- e. Foods rich in proteins – pulses, fish.

#### **4. Answer the following questions briefly.**

##### **a. Define the terms:**

- (i) Nutrients – Useful substances present in food.
- (ii) Disease – A condition in which the body does not work properly.
- (iii) Balanced diet – A diet that contains all the nutrients, water and roughage in the right proportions.

##### **b. What is roughage? Why should it be included in daily diet?**

Ans. Roughage is the fibre present in food.

It should be included in daily diet because it adds bulk to the food and helps it to move through the digestive system. It also helps in retaining water and to get rid of undigested food from the body.

##### **c. What is malnutrition? List the symptoms a child suffering from malnutrition shows.**

Ans. Malnutrition is the lack of proper nutrition, it happens due to insufficient amount of proteins and carbohydrates in the diet of children.

A child suffering from malnutrition shows the following symptoms:

- i. very thin arms and legs.
- ii. a swollen belly.
- iii. patchy skin .
- iv. reddish hair colour.
- v. general weakness.

##### **d. Why is it important to drink 6 -8 glasses of water daily?**

Ans. It is important to drink 6-8 glasses of water daily because:

- i. it helps to maintain a constant body temperature
- ii. it helps to remove wastes from the body in the form of urine and sweat.
- iii. it helps in the digestion of food.
- iv. it forms a part of the blood and digestive juices.

##### **e. What are life style related diseases?**

Ans .Diseases linked to the way people live their life are called lifestyle related diseases.

Examples- obesity, high blood pressure.

**Assignment:** (Write in your copy)

**Define the following:**

health, nutrients, roughage, non-communicable disease.