



GENERAL SCIENCE CH:2 FOOD AND HEALTH

Name: _____

Date: _____

Class: V Sec: ____

I. Fill in the blanks.

1. -----are useful substances present in the food which the body needs.
2. A daily diet that provides all nutrients in the right amount is called -----

3. Carbohydrates and fats provide ----- to the body.
4. -----is a nutrient needed by human body for growth and muscle building.
5. -----in milk helps in the building of strong bones, teeth and muscles.
6. Iron is needed by the body to make -----
7. -----in the food cleans the stomach.
8. Disease – causing microorganisms are called -----
9. Malaria is spread by -----
10. Food obtained from plants contains fibre called -----
11. -----diseases are caused due to the insufficient amount of nutrients
in the food.
12. A diet containing -----can cure night blindness.
13. -----increase the ability of the body to kill germs and prevent the
occurrence of diseases.
14. The resistance of the body towards disease is called -----
15. -----helps to maintain and regulate our body temperature.

II. Name the following.

1. Two food items that provide energy - -----
2. Two food items which contain proteins - -----
3. Two diseases spread by mosquitoes - -----
4. A deficiency disease caused by the lack of iron in our blood - -----
5. The five main components of food - -----,-----,
-----,-----,



III. Write true or false against the given statements.

1. Vitamins and minerals are needed in small amount for the normal functioning of the body. -----

2. Meat is not a protein- rich food. -----
3. Sugars such as chocolates and candy are healthy snacks. -----
4. Orange and lemon are not rich in Vitamin C. -----
5. Water helps to remove waste from our body. -----

IV. Match the following.

- | | |
|------------------------------------|---|
| 1. Cholera | a. Prevents loss of water from the body |
| 2. Oral Rehydration Solution (ORS) | b. communicable disease |
| 3. Vitamin A | c. Oral drops or injections |
| 4. Vaccines | d. Goitre |
| 5. Iodine deficiency | e. Carrots, capsicum |

V. Answer the following questions.

1. What is fibre? How does it help us?

2. List any four things that are essential for remaining healthy.

3. How many glasses of water should a child (9 to 12 year old) drink a day? Explain the need to drink plenty of water to remain healthy.

