## Azaan International School

Grade: V		Worksh	eet	Sub	ject: Science		
Name:			Date:	Roll No:	Sec:		
		Chapter 1: Foo	od and Health				
l. Fill in the	e blanks:						
1	are	the main source of	energy in our body.				
2	,and whole grains have a good amount of fibre.						
3. Disea	ase causing microoi	rganisms are called_					
4	is a	disorder caused due	e to insufficient amou	nts of nutrient	ts in the food.		
5. The	e ability of the body to	o resist diseases is k	nown as				
6	is t	he position of your b	ody.				
7. Typ	hoid and cholera are	e caused by	of f	ood			
8.		is the part of plan	nt food that helps in r	emoval of was	etes from our		
II. Names diseases.	of some diseases a	re given below. So	rt them into infection	ous and defici	iency		
	Tuberculosis,	Rickets,	Marasmus,	Goitre,			
	Typhoid,	Diabetes,	Ringworms,	Kwashior	·kor,		
	Diarrhoea,	Chickenpox,	Arthritis,	Measles			
	Infectious diseases		Deficiency dieases				

III. Giv	e two examples for each of the	e following:		
1.	Sources of carbohydrates		. ,	
2.	Sources of proteins	_	.,	
3.	Sources of fibre		_ ,	
4.	Infectious diseases		. ,	
5.	Deficiency disease		. ,	
IV. Na	me the disease one is likely to	suffer due to the def	ficiency of the follow	ving
1. V	itamin A		-	
2. V	itamin D		-	
3. lr	on		-	
4. C	alcium		-	
5. le	odine		-	
V. Nar	ne any one method of preservi	ng the following foo	d items.	
1. F	ish & meat		4. Nuts	
2. R	aw mango pieces		5. Fruits	
3. M	filk products			
VI. Giv	ve reasons:			
1. Jay	usually plays chess and John pla	ays football. John will	need more carbohydı	rates than Jay.
2. Um	na is suffering from chicken pox.	Her mother does not a	allow her to play outsi	de with her friends.
3. We	should wash hands before and a	ifter eating food.		