

Class V (A+B+C+D)

Subject:- Science

Chapter 3 – FOOD AND HEALTH

Exercise (Answers)

A. Tick the correct option:-

1. i. Roughage 2.iii. Carbohydrates 3.iii. Carbohydrates 4.ii. Obesity 5.i. Protein

B. Fill in the blanks:-

1. Carbohydrates 2. Fats 3. Balanced diet. 4. Junk 5. Lifestyle

C. Write 'T' for True and 'F' for False:-

1. T 2. F 3. F 4. T 5. T 6. F

D. Match the following:-

- | | |
|-----------------------------|----------------|
| 1. Swollen abdomen | i. Kwashiorkor |
| 2. Loose and folded skin | v. Marasmus |
| 3. Swollen neck | vi. Goitre |
| 4. Swollen gums often bleed | ii. Scurvy |
| 5. Weak muscles and nerves | iii. Beriberi |
| 6. Twisted or bent legs | i. Rickets |

E. Name the following:-

1. Goitre 2. Junk food 3. Proteins 4. Sprouting 5. Food adulteration

F. Answer the following questions:-

1. A diet containing right quantities of all nutrients is called a **balanced diet**.

Diet rich in carbohydrates, proteins, fats, sugar, milk and dairy products, fruits and vegetables are all parts of a balanced diet. We need all the components of food in adequate amounts to stay healthy and strong.

2. We should avoid eating junk food all the time because:-

- Most of the junk food contains high level of sugar and salt which may cause high level of blood pressure and blood sugar.
- It may cause obesity.
- Lack of essential nutrients leads to deficiency diseases.
- It may lead to poor digestion.

3. We should include **roughage** in our diet because it helps in removing undigested waste from the body easily.

And also include **water** in our diet because water is essential for proper body functions and stay hydrated and healthy.

4. Incorrect food habits such as eating a lot of junk food and unhealthy lifestyle may lead to several diseases. These are called as **lifestyle diseases**.

Examples:- Obesity, Diabetes.

5. Diseases caused by lack or deficiency of a particular nutrient in the diet are called as **deficiency diseases**.

Examples:- Anaemia, Rickets, Scurvy.

6. **Food adulteration** means addition of unwanted and unsafe substances in the food items.

Harmful effects of food adulteration are:-

1. It can cause food poisoning.

2. It can cause diseases like asthma, diarrhoea and cancer.

7. Cause of Obesity:-

It is caused due to eating food containing high amount of fats and lack of physical exercise.

Cause of Diabetes:-

It is caused due to high blood sugar level in body and also caused due to stress, lack of physical activity and weight gain.

QUESTIONNAIRE

Class V (A+B+C+D)

Subject :- Science

Chapter 3 FOOD AND HEALTH

A. Fill in the blanks:-

1. Eating _____ food leads to weight gain and poor health.
2. _____ of glass chips are added to sugar.
3. _____ is caused due to deficiency of iron.
4. We should drink _____ glasses of water daily.
5. _____ protect us from diseases.
6. The process of germinating whole grains and pulses _____.
7. A sportsperson or a physical labourer needs more _____.
8. Diabetes is a major _____ disease in India.
9. _____ gives us energy and warmth.
10. _____ food are easy to digest.

B. Answer the following questions in short:-

1. What is a balanced diet?
2. What are lifestyle diseases? Give two examples.
3. What is deficiency disease? Give three examples.

C. Give long answers for the following questions:-

1. Why should we avoid eating junk food all the time?
2. What are the reasons behind obesity and diabetes?
3. Put the following food items into correct column:-
(Page no – 47, complete in the text book)

XXXXXXXXX-----XXXXXXXXXX