



Grade 5

Ln.1-Food And Health

Date: 21.06.22

Worksheet-1

Subject: Science

I. Choose the correct answer.

1. Which is the good sources of Protein?

- A. Green vegetables. B. Rice. C. Fruits. D. Eggs

2. Which food item provide energy?

- A. Rice. B. Sugar. C. Bread. D. All of these

3. Which food item has calcium?

- A. Honey. B. Milk. C. Sugar. D. Potato

4. We get vitamin A from which of the following?

- A. Beet root. B. Lemon. C. Yellow fruit. D. Pulses

5. Which food item has protein, fat and minerals?

- A. Fruits. B. Bread. C. Honey. D. Milk

6. Which food item has roughage?

- A. Eggs. B. Fish. C. Corn. D. Milk

7. Lack of Vitamin A leads to which disease?

- A. Rickets. B. Anaemia. C. Night blindness. D. Heart disease

8. A person suffer from goitre because of lack of which mineral?

- A. Calcium. B. Iron. C. Phosphorous D. Vitamin D

**9. Assertion (A): Vitamins are nutrients required in small quantities for good health.
Reason (R): Vitamins help to maintain a healthy body by killing harmful bacteria.**

- A) Both A and R are true and R is the correct explanation of A
- B) Both A and R are true but R is not the correct explanation of A
- C) A is true but R is false.
- D) A is false but R is true.

**10.Assertion (A): The main source of energy in most of the Indian diets is carbohydrate.
Reason (R): Carbohydrate provides more energy per gram than proteins and fats.**

- A) Both A and R are true and R is the correct explanation of A
- B) Both A and R are true but R is not the correct explanation of A
- C) A is true but R is false.
- D) A is false but R is true

II. Fill in the blanks.

1. The chemical substance in Food is called_____
2. Plants give us fruits and _____.
3. _____ is a deficiency disease of Vitamin A.
4. _____ diet contains all types of food according to one's body requirement.
5. _____ gives us energy to do work.
6. The body becomes flexible and strong by doing_____.
7. _____ hours of sleep is needed for a fresh and energetic mind.
8. Beriberi is a deficiency disease of_____.
9. Under nutrition and over nutrition are the two forms of _____.
10. The nutrients are carried to all the parts of the body by the_____.

III. Answer the following questions:

1. Why is food important for us?
2. From where do we get food?
3. What food do we get from animals?
4. Why is milk called complete food?
5. Why is milk important?

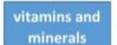
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Worksheet – 2

Date: .06.22

Subject: Science

I. Match the following

II. Write the nutrient content for the given foods

1. 	_____	6. 	_____
2. 	_____	7. 	_____
3. 	_____	8. 	_____
4. 	_____	9. 	_____
5. 	_____	10. 	_____

III. Complete the word search.

