

Chapter-3**GRADE:5****Topic: Food and Health****Month:July/Aug****Subject: Science****Q.I New words:**

1. Health
2. Components
3. Diet
4. Diseases
5. Deficiency
6. Adulteration
7. Fermented
8. Obesity
9. Diabetes
10. Nutrients

Inbuilt Questions Textbook Exercises**A. Fill in the blanks****Page No. 23**

- 1.balance 2.proteins 3. Junk

B. Tick() the correct answers.

1. (d) 2. (d) 3. (d) 4. (a)

Exercise For Revision**Page No. 24-25****A. Write 'T' for true and 'F' for false sentences, Rewrite the false sentences correctly.**

1. F; We must not eat deep fried food.
2. F; Sprouts and fermented foods are good for our health.
3. T
4. F; We must always use stairs.

5. T

B. Tick() the correct answers.

1. © 2. (d) 3. (a) 4. (d)

Exercise For Revision Page No. 27

A. Match the following.

1. (d) 2. © 3. (e) 4. (a) 5. (b)

B. Write 'T' for true and 'F' for false sentences. Rewrite the false sentences correctly.

1. T

2. F; Bow legs and bent spine are symptoms of rickets.

3. T

C. Unscramble the words to name the following.

1. MARASMUS

2. KWASHIORKAR

3. RICKETS

A.Short Answer Questions

Q1. 1. Name two diseases caused due to unhealthy food habits and lifestyle. Write their causes and symptoms.

Ans: Disease : (i) Obesity

Causes : Eating junk food and no exercise

Symptoms: Increase in weight, tiredness, Lack of energy

Disease : (ii)High blood pressure (Hypertension)

Causes : No exercise, anxiety, and eating foods having too much salt and fats

Symptoms: Increase in weight, tiredness.

Heaviness in head and dizziness

Breathlessness or excessive sweating

Q2.Why do food sellers add adulterants in food items?

Ans: 2. The food sellers add adulterants in food items to increase their quantity and make them look fresh and attractive. They earn more profit by

Q3. Why do growing children need more proteins and athletes need more carbohydrates in their diet?

Ans: Proteins helps in growth, building of muscles and repair the body tissues, Thus, growing children requires proteins. Carbohydrates give us energy and athletes require large amount of

energy. Thus, eat carbohydrate rich diet.

Q4. How can we make our diet healthier? Give two ways. (Any 2)

Ans: We can make our diet healthier by-

(1) Using less oil while cooking food.

(ii) Using less salt and sugar in our food, using of brown sugar instead of white sugar.

(iii) Eating whole grain cereals instead of polished ones.

(iv) Including milk, green vegetables, fruits and yoghurt in our daily diet.

(v) Eating sprouts.

(vi) Eating fermented foods like idli, dosa, dhokla, etc.

Long answer questions:

1. Name the components of food. Write two sources and functions of each component.

Ans:

| Components of food | Sources | Functions |
|--------------------|--------------------------------|--|
| (i)Carbohydrates | Cereals, fruits | They give us energy. |
| (il) Fats | Oil, butter | They give us energy. |
| (iii) Proteins | Milk, cheese | They build muscles, repair body and help us grow. |
| (iv)Vitamins | Green vegetables, fruits, eggs | Help in normal functioning of body and protect against diseases. |
| (v) Minerals | Fruits, milk | Help in normal functioning and keep body healthy. |
| (vi) Roughage | Whole grains, fruits | Helps to remove undigested food from body. |

2. Name any three vitamin deficiency diseases. Describe their symptoms, causes and food sources.

Ans:

| S. No. | Deficiency disease/ disorder | Caused by the deficiency of | Symptoms | Prevention |
|--------|------------------------------|-----------------------------|-----------------------------------|--|
| (i) | Night blindness | Vitamin A | A person cannot see in dim light. | Include carrot, spinach, milk, papaya, eggs and green leafy vegetables in the diet |

| | | | | |
|-------|----------|-----------|--|---|
| (ii) | Beriberi | Vitamin B | Skin becomes dry and scaly, extreme weakness, affects the nervous system and muscles | Include milk, eggs, meat, green leafy vegetables and cereals in the diet. |
| (iii) | Scurvy | Vitamin C | Swelling and bleeding of gums; loosening of teeth | Include <i>amla</i> , tomatoes and citrus fruits like lemon and orange in the diet. |

3. What is food adulteration? Name any four food items and their adulterants.

Ans: Addition of low quality, cheap, unwanted or harmful substances in the food items is called adulteration. Common food items and their adulterants are:

| S.No. | Food Item | Adulterant(s) |
|-------|---------------|--------------------------------|
| (i) | Milk | Water, detergent, fat and urea |
| (ii) | Honey | Water, sugar |
| (iii) | <i>Khoya</i> | Starch |
| (iv) | Chilli powder | Brick powder |

4. How can we prevent lifestyle diseases?

Ans: We can prevent lifestyle diseases by-

- (i) Eating a healthy and a balanced diet
- (ii) Drinking 6-8 glasses of water daily.
- (iii) Exercising regularly.
- (iv) Using stairs instead of elevators.
- (v) Not sitting for a long period of time at one place.

5. Pooja and Shubham are classmates. Pooja eats home cooked food along with fruits and salad. Shubham eat lots of fries and other junk food. What types of differences will they feel in their health after a few years?

Ans: Pooja: Pooja will likely feel strong and healthy because she eats food made at home, including fruits and salad. This gives her body the right nutrients to grow and stay well. Her teeth may be strong, and she may have lots of energy to play and do her school work.

Shubham: Shubham might face some problems with his health in a few years because he eats a lot of fries and junk food. These foods don't have the good stuff our bodies need, and they can make us feel tired and not so well. Shubham might find his teeth not as strong, and he could get sick more often.

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