

BOYS' HIGH SCHOOL AND COLLEGE, PRAYAGRAJ

ASSIGNMENT → 15th April – 15th May
CLASS V
SUBJECT - SCIENCE
CHAPTER 3 – FOOD & HEALTH

INTRODUCTION

1. Food is the basic necessity for survival as they help us to grow, keep us healthy and helps to fight diseases.
2. Carbohydrates, Vitamins, Proteins, minerals are some of the nutrients found in food.
3. Carbohydrates and fats provide us energy. Proteins help in building and repair of body. Vitamins and minerals are required for the normal growth and development.
4. A balanced diet contains all the components of the food in adequate amount to our body to function correctly.
5. Junk food is unhealthy food that has low nutritional value.
6. Food adulteration is act of adding or mixing of poor quality or harmful substances to food.
7. A disease is an abnormal condition affecting living organisms in which the body is affected.
8. Communicable diseases are caused by microorganisms such as bacteria, virus, protozoa, which spread through air, water, insects or direct contact.

9. Vaccination is the addition of vaccines to a body to prevent specific diseases.
10. Non-communicable diseases are present right from birth.

WORKSHEET 1

**Note- To be done in an interleaf note book [fair notebook]*

Part A. Define the following: -

1. **Disease** - A disease is an abnormal condition in which the body is not able to function properly.
2. **Vaccination** – Vaccination is the use of special substance called vaccines to prevent specific diseases.
3. **Balanced Diet** – A diet which contains all the essential nutrients in the right proportion is called a balanced diet.

Part B. Answer the following questions: -

Q1. Give four functions of food?

A1. The four functions of food are-

- a) Food gives us energy to do various things.
- b) It helps in the growth of our body.
- c) It helps our body to fight diseases.
- d) It helps in the proper functioning of our body.

Q2. Name the different components of food and state its source and functions?

A2. The different components of food are as follows-

1. *Carbohydrates* - It provides energy to the body. Ex-Cereals, fruits, potato.
2. *Proteins* - It helps in growth and repair of body. Ex-Pulses, Eggs, chicken.
3. *Fats* - They also provide energy to the body. Ex - Oil, cheese, butter.
4. *Vitamins and Minerals* – It prevents our body from deficiency diseases and helps in the normal functioning of the body. Ex – Vegetables, fruits, fish contain Vitamins. Milk, Spinach contain minerals.
5. *Water* - It helps in regulating metabolism of the body. Ex – All food stuff.
6. *Roughage* - It helps in regulating proper bowel movement. Ex – Cucumber, fruits, cabbage

Q3. What are the adverse effects of Junk food?

A3. The adverse effects of junk food are-

- a) It leads to obesity and makes our body weak
- b) Storage of fat in the body interrupts the functioning of vital organs.
- c) It makes us lazy and lowers concentration.

Q4. What is food adulteration?

A4. Adulteration is an addition of low-quality substance to a food item in order to increase the margin of profit. Ex- Milk is often adulterated with chalk, soap powder, starch and urea.

Q5. Differentiate between communicable and non-communicable disease?

A5.

	Communicable	Non-Communicable
1.	Diseases that can spread from one person to another are called communicable diseases	The diseases that are not passed from one person to another are called non-communicable diseases
2.	They are spread by microorganisms like bacteria, fungi, virus and protozoans. Ex-Common cold, Chicken pox	They are caused due to deficiency of a particular nutrient or by birth. Ex- Rickets, haemophilia

Q5. What are the ways by which the communicable diseases spread?

A5. Communicable diseases spread by the following ways: -

1. *Air* - By sneezing and coughing by an infected person. Ex -common cold, chicken pox.
2. *Water* – By drinking contaminated water. Ex- Cholera, Jaundice
3. *Through insects* - From mosquito, bugs and sandflies bites. Ex Malaria
4. *Direct contact* – By touching clothes and things of a sick person. Ex- Chicken pox, Ringworm.

Q6. How can we prevent spread of communicable diseases?

A6. We can prevent the spread of communicable diseases by: -

1. Take proper care of the things and room of the patient.
2. Allow fresh air in the house.
3. Use clean drinking water and keep the food covered.
4. Maintain good hygiene.
5. By vaccination.

Part C. Fill in the blanks: -

1. Exercise increases the blood circulation of our body.
2. Sprouts are a good source of protein.
3. Excess sugar intake may lead to diabetes.
4. Softening of the bones takes place in rickets.
5. Malaria is caused by female Anopheles mosquito.

Part D. Name a disease caused by lack of following nutrients: -

	Nutrient	Disease
1.	Iron	Anaemia
2.	Vitamin A	Night Blindness
3.	Iodine	Goitre
4.	Vitamin C	Scurvy
5.	Protein	Kwashiorkor

Part E. Draw and color a neat diagram of a Balanced diet (Page 30)

WORKSHEET 2

****Note- All Exercises to be done in notebook (fair notebook)***

Part A. Give one word for: -

1. The position in which we hold our body when we sit, stand or move.
2. The undigested food that includes mostly fibers.
3. Microorganisms that cause diseases.
4. Diseases that are present right from birth.
5. Inability of a person to see in dim light.

Part B. Write True or False.

1. Fermented food is a source of good bacteria.
2. Spinach is rich in proteins.
3. Measles is spread through female anopheles mosquito.
4. Sunlight is a good source of Vitamin D.
5. Flies breed in dirty places.

Part C. Choose the correct word: -

1. Nutrient essential for growth and repair of body is _____ (Protein/ Carbohydrate)
2. _____ help to make our bone and teeth strong. (Iron/ Calcium)
3. _____ is a natural disinfectant. (Phenyl/ Sunlight)
4. Sea food is rich in _____. (Calcium /Iodine)
5. Rickets is caused due to deficiency of _____. (Vitamin B/ Vitamin D)

Part D. Match the following: -

Column A	Column B
1. Chicken Pox	A) Mosquito bite
2. Cholera	B) Direct Contact
3. Tuberculosis	C) Contaminated water
4. Malaria	D) Through Air
