

# SHREERAM MODEL SCHOOL

V- ( Science )

ASSIGNMENT

2020-2021

Chapter :- 5, Food, Health and Hygiene

## Q1. DEFINES

S. No.	WORD	DEFINE
1	Nutrients	Main component of food which are carbohydrates, fats, proteins, vitamins and minerals.
2	Diet	The food we eat every day.
3	Vaccine	A substance that is put into the blood and that protects the body from a disease.

## Q2 . GIVE ONE WORD

S.N.	Question	Answer
1	Write the names of main components of food.	Carbohydrate, proteins, fats, vitamins and minerals
2.	What are the main sources of carbohydrates?	Rice, wheat, maize, potato, honey and sugar
3	What are the main sources of proteins?	Peanuts, fish, eggs, pulses, meat, soyabean
4	What are the main sources of fats?	Cheese, milk, butter and nuts
5	What are the main sources of vitamins?	Fruits, green vegetables, eggs, and fish
6	What are the main sources of minerals we need?	Fruits, green vegetables, milk , eggs and iodized salt`
7	Carbohydrates provide _____to our body	energy
8	_____fight with diseases and keep our body healthy.	Vitamins

9	Which disease is caused due to the deficiency of iodine in the diet?	Goiter
10	Give some non-communicable diseases.	Night blindness, beri-beri, scurvy, rickets etc.
11.	Name some communicable diseases.	Covid-19, cholera, polio, malaria etc.
12	Jaundice is caused by_____	polluted water
13	Scurvy is caused due to the deficiency of ____	vitamin C
14	Rickets is caused due to the deficiency of ____	Vitamin D
15	Name the main sources of vitamin D	Milk products, fish, egg sunlight
16	_____ help in healing small cuts and wounds.	Proteins
17	Eating too much _____ can be harmful to our body.	oily food
18	Good _____ helps to prevent being diseased.	hygiene
19	Carbohydrates in food are present as ____	sugar and starch
20	_____ helps us in removal of undigested food.	Roughage
21	We should drink _____glasses of clean drinking water every day.	8- 10
22	Polio is caused by a _____	Virus
23	Dysentery is caused by a _____	Protozoa
24	Too much carbohydrates and fats in diet may cause ____	obesity
25	Name some micro organisms present in the air.	Bacteria, virus and fungi

### Q3 . ANSWER IN ONE LINE

1	<b>What is the balanced diet?</b>
Ans.	Food that contains all the nutrients like protein, carbohydrates, fats, vitamins and minerals in adequate proportion is called balanced diet.
2	<b>Why do we need the carbohydrates?</b>
Ans.	Carbohydrates give us energy to work. So, we need carbohydrates in our diet.
3	<b>Why does our body need protein?</b>
Ans.	Proteins are body building nutrients. They help us to grow and repair our body cells.
4.	<b>Why is water essential for our body?</b>
Ans.	Water helps in the proper digestion of food and growth of our water. Water also helps to regulate our body temperature.
5	<b>What do you mean by communicable diseases?</b>
Ans.	The diseases that <b>can</b> spread from one person to another are called <b>communicable or contagious diseases</b> . Examples: Cholera, typhoid, polio, malaria.
6	<b>What do you mean by non-communicable diseases?</b>
Ans.	The diseases that <b>cannot</b> spread from one person to another are called <b>non- communicable or non- contagious diseases</b> . Examples: night blindness, beri-beri, scurvy, rickets etc.
7	<b>What do you mean by disease?</b>
Ans.	It is a condition in which some body part or the whole body does not work properly. For example typhoid, T.B., Polio etc.

<b>8</b>	<b>List four causes of communicable diseases.</b>
<b>Ans.</b>	<b>Communicable diseases can spread through :</b> <ul style="list-style-type: none"><li>• Air</li><li>• Infected water and food.</li><li>• Direct contact with infected person</li><li>• Insects</li></ul>