

**Grade 5. Worksheet – Ln.1. Date: 13.07.21**

**Subject: Science**

**I. Choose the correct answer**.

1. Which is the good sources of Protein?

1. Green vegetables. B.Rice. C.Fruits. D. Eggs

2. Which food item provide energy?

1. Rice. B.Sugar. C.Bread. D.All of these

3. Which food item has calcium?

1. Honey. B.Milk. c.Sugar. D.Potato

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

1. Beet root. B.Lemon. C. Yellow fruit. D.Pulses

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

1. Fruits. B. Bread. C. Honey. D.Milk

6.Which food item has roughage?

1. Eggs. B.Fish. C. Corn. D.Milk

7.Lack of Vitamin A leads to which disease?

1. 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.Hi Answer the following questions:**

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?

6. What is balanced diet?

7. What is healthy food?

8.Write the name of components of food.

9. What are the main sources of proteins?

10. What is the need of calcium in our body?