

**Grade: 5. Worksheet – 1. Date: 29.06.21**

**Lesson.no: 1**

**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 plants?

4. What food do we get from animals?

5. Why is milk called complete food?

6. Why is milk important?

7. What is balanced diet?

8. What is healthy food?

**II. Choose the correct word and fill in the box:**

1. Food helps us to become \_\_\_\_\_\_\_\_\_\_. (weak/strong)

2. Plants give us fruits and \_\_\_\_\_\_\_\_\_\_. (vegetables/eggs)

3. \_\_\_\_\_\_\_\_\_\_ is complete food. (Meat/Milk)

4. \_\_\_\_\_\_\_\_\_\_ diet contains all types of food according to one’s body requirement. (Balanced/Unbalanced)

5. \_\_\_\_\_\_\_\_\_\_ gives us energy to do work. (Food/Water)

**III. Fill in the Blanks.**

1.Iron deficiency leads to the disease called\_\_\_\_.

2.\_\_\_\_\_ is the good source of iodine.

3.Obesity is the disease caused due to \_\_\_\_\_\_\_.

4.\_\_\_\_\_\_ is a chemical substance that are essential for the healthy growth and development.

5.Night-blindness is the diseases caused by the deficiency of \_\_\_\_\_.