

GRADE: 5

SCIENCE


DATE: 6.12.23

WORKSHEET


We are what we eat

Complete the following as directed.

1. Carbohydrates, vitamins, minerals, fats and _____ are the six essential nutrients.

2.  Sun is necessary for our body to produce _____.



3.  _____ is a mineral added to salt so that we are not deficient in it.



4. Deficiency of both protein and carbohydrate causes _____

5. Addition of substances to lower the quality of food is called food _____

6.



Choose the odd one

A orange

B spinach

C lemon

D grapefruit

7. Choose the odd one

A obesity

B rickets

C scurvy

D beriberi

8.



Choose the odd one

A pulses

B oats

C bread

D rice

9.

Nutrition Facts	
Serving Size 3 oz. (85g)	
Serving Per Container 2	
Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Values*	
Total Fat 15g	20 %
Saturated Fat 5g	28 %
Trans Fat 3g	
Cholesterol 30mg	10 %
Sodium 650mg	28 %
Total Carbohydrate 30g	10 %
Dietary Fiber 6g	0 %
Sugars 5g	
Protein 5g	
Vitamin A 5%	Vitamin C 2%
Calcium 15%	Iron 5%
*Percent Daily Values are based on a diet of other people's misdeeds.	
	Dietary Fiber 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300mg 375mg
Dietary Fiber	25g 30g

What does the number of calories in a food item tell you?

A

How long your energy will last.

B

How much energy the food will give your body.

C

How much fat is in it.

D

How much sugar the food contains.

10. Which of the following is not an animal product.



- A eggs B soybean
 C milk D paneer

11. Symptoms - Bleeding gums, swelling of joints, wounds take longer to heal.
Name the disease

12. Symptoms - Inflammation of nerves, loss of appetite, weak muscles
Name the disease.

13. Symptoms - **Fatigue, weakness, dizziness, shortness of breath**
Name the disease

14. Name the lifestyle disease in which the body cannot digest sugar efficiently.

15. If a healthy person develops a lifestyle disease it could be because of

- A controllable factors B uncontrollable factors

16. Eating food rich in _____ will keep _____ away.

- A iodine B constipation
 C goitre D fibre

Fill in the blanks

1. Are bodybuilding nutrients
2. Are energy-giving nutrients
3. Give us more energy than carbohydrates
4. Keep our body fit and healthy
5. Fight with diseases and keep your body healthy
6. Helps in the removal of undigested food from our body
7. Water removes waste from our body in the form of and
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