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. 

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 ……..