

WELCOME TO THE ONLINE CLASS

SESSION NO.: 4

CLASS: 5

SUBJECT: SCIENCE

CHAPTER NUMBER: 2

CHAPTER NAME: FOOD AND HEALTH

SUB TOPIC: ROUGHAGE, WATER, KEEP FIT, ENOUGH REST

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to:

- **know the importance of roughage and water in a balanced diet.**
- **understand the importance of exercise and rest in our life.**

WARM UP

- **Name the nutrient that protect our body from diseases.**
- **Give some examples of food rich in proteins.**
- **Who need to eat more proteins- a child or an old women?**
- **Food items rich in fats.**

ROUGHAGE

- **Roughage is a plant product which is not digested in human body.**
- **It help us to get rid of undigested food by adding bulk to it.**
- **Fruits, vegetable, semolina, etc. are the sources of roughage.**



WATER

- It is essential for our body to function properly.
- Three -fourth of our body weight is water.
- It helps to digest the food we eat and also helps in eliminating wastes from our body.



KEEP FIT

- Muscles become weak and flabby if they are not used for a long time.
- Regular exercise helps to develop and tone upper muscles.
- During exercise there is found in and out of the lungs at a faster rate. Thus, more oxygen is taken in a more carbon dioxide and water vapour are given out.
- The heart also beat at a faster rate during exercise and blood circulates faster.
- Exercise helps the nervous system by supplying more oxygen to the brain.
- Outdoor games keep our body fit.



POSTURE

- Posture is the position in which we hold our body when we sit, stand or move.
- We must sit and stand straight.
- We must walk upright.
- Correct posture gives us a graceful appearance to our body
- It improve the flexibility of a joints.



ENOUGH REST

- **Proper rest and regular hours of sleep relax our muscles and give our body the much-needed rest.**
- **We feel fresh and ready to work again if we get enough rest.**
- **We even work more efficiently.**
- **Sleep also gives time to the body for the growth and repair of body cells.**



SUMMARY

- **Roughage is not digested in our body.**
- **Water helps us in getting rid of waste and also helps in digesting them.**
- **Exercise helps our body to remain fit and healthy.**
- **Posture is the position in which we hold our body when we sit, stand or move.**
- **Sleep helps our body to grow and repair the body cells.**
- **Sleep also help us work more efficiently.**

QUIZ
TIME

NOTES

Date

Subject

1. The position in which we hold our body when we sit, stand or move.

ANS: Posture

2. _____ helps the nervous system by supplying more oxygen to the brain.

ANS: Exercise

3. _____ is not digested in the human body.

ANS: Roughage

HOMework

- **Roughage is not digested by human body but still it is essential for us. Justify the statement.**

LEARNING OUTCOME

The learner will be able to

- **know the importance of roughage and water in a balanced diet.**
- **understand the importance of exercise and rest in our life.**

THANKING YOU
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