

WELCOME TO THE ONLINE CLASS

SESSION NO.: 12

CLASS: 5

SUBJECT: SCIENCE

CHAPTER NUMBER: 2

CHAPTER NAME: FOOD AND HEALTH

SUB TOPIC: LONG Q & A

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to:

- **To write the questions and answers**

A. Tick the correct answer.

1. To stay healthy our body needs
 - a. **A balanced diet** b. Books c. Bread d. only milk
1. Which of the following is a non-communicable disease?
 - a. Chicken pox b. **Beriberi** c. common cold d. Measles
3. This disease is caused by a virus.
 - a. Typhoid b. Malaria c. Meningitis d. **chicken pox**
4. The spread of communicable diseases can be prevented by
 - a. Spitting b. Coughing c. **keeping clean** d. having medicines
5. Vaccination can protect against diseases like polio, measles and
 - a. AIDS b. Malaria c. **Mumps** d. Fever

B. COMPLETE THE TABLE.

NUTRIENTS	FOUND IN			
Carbohydrates				
Protein				
Vitamin A				
Vitamin C				
Iron				

B. COMPLETE THE TABLE.

NUTRIENTS	FOUND IN			
Carbohydrates	Cereals	Sweet potato	Sugar	Banana
Protein	Pulses	Milk	Eggs	Meat
Vitamin A	Green leafy vegetables	Mango	Papaya	Tomato
Vitamin C	Citrus fruits	Amla	Tomato	Green leafy vegetables
Iron	Dates	Apples	Spinach	Meat

C. MATCH THE COLUMNS

NUTRIENT	DEFICIENCY DISEASE	SYMPTOMS OF DISEASE
1. Vitamin A		
2. vitamin B1		
3. Vitamin C		
4. vitamin D		
5. Iodine		

C. MATCH THE COLUMNS

NUTRIENT	DEFICIENCY DISEASE	SYMPTOMS OF DISEASE
1. Vitamin A	night blindness	patient cannot see in dim light
2. vitamin B1	beriberi	affects the nervous system
3. Vitamin C	Scurvy	bleeding gums
4. vitamin D	rickets	bones become soft
5. Iodine	goiter	a gland in the neck region swells up

D. FILL IN THE BLANKS.

1. Our body needs a balanced diet, protection from diseases, regular exercise and enough rest to keep fit.
2. Our food should have enough roughage or fibre to get rid of undigested food.
3. We must play outdoor games to keep our body fit.
4. Plague and typhoid are caused by bacteria.
5. HIV is a virus that attacks the immune system of the patient and leads to death.

F. Answer these questions.

4. Which steps would you take to prevent the spread of germs from a sick person?

Ans: The steps we would take to prevent the spread of germs from a sick person are as follows:

- **Keep yourself and your surroundings clean.**
- **Always put garbage in covered bins.**
- **Use disinfectants to clean floors.**
- **Use mosquito repellents and mosquito nets.**
- **Use a water purifier to kill germs.**

F. Answer these questions.

5. What is meant by pasteurization of milk?

Ans: Heating the milk at a high temperature and quickly cooling it to kill the harmful germs is known as pasteurization of milk.

6. Raju has bleeding gums and swollen joints. Name the disease he is suffering from. What is the cause and remedy of this disease?

Ans: Raju has bleeding gums and swollen joints. He must be suffering from scurvy.

Scurvy is caused by the deficiency of vitamin C.

It can be cured by eating citrus fruit, amla, tomato, green leafy vegetables and sprouted grains and pulses.

LEARNING OUTCOME

The learner will be able to

- **To write the questions and answers**

THANKING YOU
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