

Food, Nutrients, Deficiency Diseases, and Balanced Diet

Class 5 • Science • Worksheet (illustrative sample)

Worksheet for Class 5 Science: Food, Nutrients, Deficiency Diseases, and Balanced Diet.

Questions

1. Name two food items rich in proteins.
2. Which vitamin is produced in our skin when exposed to morning sunlight?
3. Which deficiency disease causes bleeding and swollen gums?
4. Name the mineral whose deficiency causes anaemia.
5. Why is dietary fibre (roughage) important if it does not supply energy?
6. What happens to a person who suffers from goitre?
7. Differentiate between carbohydrates and fats as sources of energy.
8. Suggest a balanced lunch menu including grains, protein, vegetables, and fruit.

Answer Key

1. Eggs, pulses (dal), paneer, fish, or milk
2. Vitamin D
3. Scurvy (deficiency of Vitamin C)
4. Iron
5. Roughage adds bulk to digested food and promotes healthy digestion, preventing constipation
6. The thyroid gland in the neck swells up due to lack of iodine
7. Carbohydrates provide quick energy; fats store concentrated energy for later use
8. Sample menu: Brown rice/rotis (carbohydrates), dal/paneer (protein), spinach curry (vitamins/iron), and an orange (vitamin C)

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