

Class-5

Science

Chapter-3

Food And Health

1) **Tick (✓) the correct option.**

a) Which of the following is a non-communicable disease ?

- | | |
|-------------|-------------|
| i) malaria | ii) typhoid |
| iii) goiter | iv) measles |

Ans- goiter

b) Vaccination can protect against disease such as measles, mumps and

- | | |
|--------------|-------------|
| i) AIDS | ii) polio |
| iii) malaria | iv) anaemia |

Ans- polio.

c) This disease is caused by protozoa.

- | | |
|--------------|----------------|
| i) Typhoid | ii) chickenpox |
| iii) malaria | iv) cholera |

Ans- malaria

2) Match the diseases to the group of microbes which cause the diseases.

Diseases	Microbes
Malaria	Bacteria
Skin disease	Protozoa
Measles	Fungi
Diarrhoea	Virus

3) Write T for true and F for false statements.

- a) Foods having ghee, oil and butter have plenty of carbohydrates. - **F**
- b) Diseases such as dengue and malaria are spread through mosquito bites. - **T**
- c) The lack of nutrients in the diet causes infectious disease. - **F**
- d) Chlorine tablets are used to purify water. - **T**

4) What are nutrients ? Classify nutrients on the basis of their functions.

Ans- The materials present in the food that are needed by our body for good health and growth are called nutrients.

Nutrients are of five types: carbohydrates, fats, proteins, vitamins and minerals on the basis of their functions, nutrients are divided into three groups. These are energy-giving, body-building and protective nutrients.

5) Write two or three tips to keep our body fit and healthy.

Ans- We should follow some tips to stay fit and healthy such as eating a balanced diet; exercising regularly, resting or sleeping enough; playing some outdoor games; and sitting, standing and walking with a correct posture.

6) What are communicable disease ?

Ans-Communicable diseases spread from one person to another or from an animal to a person. These diseases spread not only through airborne viruses or bacteria, but also through blood or other bodily fluid. The terms infectious and contagious are also used to describe communicable diseases.

7) Write the ways through which communicable diseases spread.

Ans-Communicable diseases spread through:

- direct contact with infected persons,
- germs in air,
- infected water and food,
- bites of insects and other small animals, and
- infected equipments.

8) Name three diseases for which vaccination is given.

Ans- Vaccination is given for diseases such as polio, mumps, hepatitis, measles, diphtheria, small pox, tetanus and pertussis.

9) What are deficiency diseases ? Give some examples.

Ans- Deficiency diseases are caused because of deficiency of nutrients in the diet or some other reasons. Kwashiorkor, night blindness, beriberi, scurvy, rickets, goiter, anaemia and osteoporosis are a few examples of deficiency diseases.

- (1) A few unhealthy conditions of children are given in the table below. Read the symptoms. Write down the names of vitamins or minerals that cause the diseases, name the diseases and suggest foods to be taken.

Symptoms of Diseases	Lack of Vitamins or Minerals	Name of the Diseases	Food to be Taken
(a) Rita looks tired, pale and unhealthy.			
(b) Rohan has bow legs and pain in his bones.			
(c) Mona is not able to see properly in the dark.			
(d) Sonu has a big swelling in his neck.			

Symptoms of Diseases	Lack of Vitamins or Minerals	Name of the Diseases	Food to Be Taken
Rita looks tired, pale and unhealthy.	Iron	Anaemia	Banana, spinach, jaggery and grapes
Rohan has bow legs and pain in his bones.	Vitamin D	Rickets	Fish, milk and sunrays
Mona is not able to see properly in the dark.	Vitamin A	Night blindness	Green leafy vegetables, carrot, papaya, milk, egg yolk and mango
Sonu has a big swelling in his neck.	Iodine	Goitre	Sea food, iodised salt and vegetables

(2) Some foods are given in the table below. Think and write down some healthy food to replace each one of them.

Food Items	Healthy Food
Burger	
Pizza	
Cold drinks	
Potato chips	
Ice cream	

Food	Healthy food
Burger	Rice
Pizza	Chapati
Cold drinks	Lemon drinks
Potato chips	Potato <i>sabji</i>
Ice cream	Kheer

1) Guess who I am. Give reasons.

a) I give more energy, yet people avoid me.

Ans- Fat, though fats give energy but too much fat in the body leads to obesity and other diseases.

b) Children need me more than adults.

Ans- Protein, it is body-building food that helps in growth of children.