

Class : 5

Subject : Science

Topic : Food And Health (part 1)

## ASSIGNMENT

A. Answer the following questions (to be done in copies)

Q1. Which food components are called energy giving foods?

Ans. Carbohydrates and Fats are called energy giving foods.

Q2. Which food components are found in protective food?

Ans. Vitamins and minerals are found in protective food.

Q3. Which term is used for the content of the food ?

Ans. The content "Nutrient " is used for content of the food.

Q4. Why are protein required by our body ?

Ans. Protein are required to build the muscles. They also help in growth and repair of the body.

Q5. Explain the importance of vitamins and minerals for the body.

Ans. Vitamins are essential for healthy functioning of the body. They protect our body against diseases whereas minerals are required to strengthen bones and teeth and blood formation. They are essential for growth and maintenance of the body.

Q6. Why is it important to include roughage in our diet ?

Ans. Roughage is the undigested part of plant food i.e plant fibre. Though it does not provide any nutrient to our body but it helps our body to excrete undigested food and prevents constipation and ensures proper bowel movement. It also helps in retaining water.

Q7. Draw two food items each containing carbohydrate, fats, protein, vitamin and minerals.