

ASSIGNMENT

Class : 5

Subject : Science

Topic : Food And Health

Answer the following questions. (to be done in ex. copy)

Q1. What is a balanced diet ? What should it contain ?

Ans. A diet which contains all the components of food in right proportion for healthy functioning of the body is called a balanced diet. It should contain carbohydrates, proteins, fats, vitamins and minerals in proper amount. It also includes sufficient amount of roughage and water.

Q2. What do you mean by deficiency diseases?

Ans. The diseases caused by deficiency of proper nutrient in our diet are called deficiency diseases.

Q3. Name two diseases caused due to protein deficiency

Ans. Two protein deficiency diseases are Kwashiorkor and Marasmus.

Q4. Name the diseases caused due to lack of different vitamins.

Ans Diseases caused due to lack of different vitamins are:

lack of Vitamin A causes -night blindness

lack of Vitamin B causes- beriberi

lack of Vitamin C causes- Scurvy

lack of Vitamin D causes- Rickets