

ASSIGNMENT

Class: 5

Subject: Science

Topic : Food And Health

Answer the following questions: -

Q1. Name a disease which is caused due to deficiency of Iron .

Ans. Deficiency of Iron causes Anaemia.

Q2. Name a disease which is caused due to deficiency of Iodine .

Ans. Deficiency of Iodine causes Goitre.

Q3. What is junk food ? Give two examples of junk food .

Ans. Food that contains high quantity of sugar , fat and salt is called junk food .

Two examples of junk food are fried pies and burgers .