

Assignment

Std. 5

Science. Ch.3 Food And Health

contd.....

Q5. what is blood pressure ?

Ans. when the heart pumps blood into the blood vessels , blood pushes against the walls of the vessels. The strength of this pushing is called blood pressure.

Q6. Mention two reasons why someone may suffer from malnutrition ?

Ans. two reasons why someone may suffer from malnutrition are ;

- i. people who do not get enough to eat
- ii. people who cannot absorb food due to some illness.

Q7. what problems can overeating cause ?

Ans. Overeating can result in overweight and people who are overweight are more likely to have serious illness such as heart problems and problems related to

liver and kidneys.

Q8. what is junk food ? what is wrong with having too much of it ?

Ans. Junk food is food that has lot of fats and sugar and not enough proteins vitamins minerals and fibre. eating too much of these junk foods makes one put on weight and suffer from diseases of the digestive system heart and other organs eating such food as a habit also leads to the deficiency of proteins minerals and vitamins.

Q9. what is good about having fermented food

Ans. Fermented foods are good for the following reasons :

i. they can be digested more easily since a part of the work is done by the fermenting organism.

ii. the organisms add nutrients to the food.

iii. they also help to improve the health of the digestive system
