

ASSIGNMENT
CLASS : 5
SUBJECT : SCIENCE
CHAPTER 3 : FOOD AND HEALTH
Revision

1. Give one word answer :-

- a. Undigested part of plant food i. e. Plant fibres - **Roughage**
- b. Body building foods - **Proteins**
- c. Disease caused due to lack of iodine in food - **Goitre**
- d. Disease caused due to lack of iron in food - **Anaemia**
- e. Excessive loss of water in our food - **Dehydration**
- f. Addition of unwanted and unsafe substance to food items - **Adulteration**
- g. An adulterant of turmeric powder - **lead pigment**
- h. Vitamins that are fat soluble - **A, D, E and K**
- i. Two types of carbohydrates - **Starch and Sugar**
- j. Nutrient which are also known as protective foods - **Vitamins and minerals**

2. Revise all question answers done in your exercise copy and objective type

questions given at the end of the chapter .