

St. Thomas School, Dhurwa, Ranchi-4
Second Term (2020-2021)
Std.-5
Science

Chapter - 3: Food and Health

(Answers of question nos.1, 2, 3 of page no.52 to be done in the book. Answers of question nos. 4 and 5 to be done in the notebook.)

Q.1. Choose the correct answer.

- (a) ii. High blood pressure
- (b) iii. Both i. and ii.
- (c) i. Protein
- (d) ii. Papaya seeds
- (e) iii. Rickets

Q.2. Write true or false.

- (a) True
- (b) False
- (c) False
- (d) False
- (e) False

Q.3. Complete the analogy.

- (a) Night blindness
- (b) Anaemia
- (c) Protective food
- (d) Carbohydrates
- (e) Diabetes

Q.4. Short answer questions.

- (a) Diseases that cannot be transferred from one person to another are called non-communicable diseases.
- (b) We should add sprouts in our diet because they contain a significant amount of nutrients.
- (c) Three symptoms of anaemia are pale skin, getting tired easily and fast heart beat.
- (d) An elderly person needs a diet that is low in fats and high in fibres.
- (e) The adulterants used in the following food items are:
 - i. Coffee powder - Tamarind seeds.
 - ii. Milk - Water.

