

St. Thomas School, Dhurwa, Ranchi – 4.  
Second Term 2021-22

Class: 5

Subject: SCIENCE

**Practice Paper with Answers**

**Chapters 3**  
**Food and Health**

I. Give the technical term for the following.

1. Unwanted substances added in the food

Ans. Adulterants

2. Diseases caused due to unhealthy food habits and unhealthy lifestyle

Ans. Lifestyle diseases

3. Body-building food

Ans. Proteins

4. Food that is high in sugar, salt and fats, and has lesser nutrients

Ans. Junk food

5. Disease that is not transmitted from one person to another

Ans. Non-communicable disease

6. A disease caused due to deficiency of protein

Ans. Kwashiorkor

II. Fill in the blanks with the appropriate terms.

1. Carbohydrates are called \_\_\_\_\_ food.

Ans. Carbohydrates are called energy-giving food.

2. \_\_\_\_\_ is defined as excessive weight gain due to fat accumulation in the body.

Ans. Obesity is defined as excessive weight gain due to fat accumulation in the body

3. Deficiency of vitamin B causes \_\_\_\_\_.

Ans. Deficiency of vitamin B causes Beriberi.

4. The component of food which has no nutritive value is called \_\_\_\_\_.

Ans. The component of food which has no nutritive value is called roughage.

5. Both lifestyle and deficiency diseases are \_\_\_\_\_ diseases.

Ans. Both lifestyle and deficiency diseases are non-communicable diseases.

III. Identify the deficiency/lifestyle disease.

1. The symptoms include twisted legs and weak bones.

Ans. Rickets

2. It is due to the lack of iron in the body. The person looks pale and gets tired easily.

Ans. Anaemia.

3. It is caused due to high blood sugar level in the body.

Ans. Diabetes

4. The person is not able to see during night or in dim light.

Ans. Night blindness

5. It is caused due to deficiency of proteins and carbohydrates.

Ans. Marasmus

#### IV. Give two examples for each of the following.

1. Food rich in fats

Ans. (a) Butter (b) Ghee

2. Protective food

Ans. (a) Fruits (b) Vegetables

3. Junk food

Ans. (a) Chips (b) Pizza

4. Fermented food

Ans. (a) Dhokla (b) Dosa

5. Food adulterants

Ans. (a) Stone chips (b) Papaya seeds

#### V. Differentiate between the following on the basis of the words given in the bracket.

1. Calcium and Iron (function)

Ans.	<u>Calcium</u>	<u>Iron</u>
	Calcium is essential for strong bones and teeth.	Iron helps in the formation of blood cells.

2. Obesity and diabetes (one symptom)

Ans.	<u>Obesity</u>	<u>Diabetes</u>
	Fatigue and poor health	Frequent urination

3. Deficiency of vitamin D and deficiency of vitamin A (disease caused)

Ans.	<u>Deficiency of vitamin D</u>	<u>Deficiency of vitamin A</u>
	Rickets	Night blindness

4. Deficiency diseases and lifestyle diseases (two examples)

Ans.	<u>Deficiency diseases</u>	<u>Lifestyle diseases</u>
	Anaemia, rickets	Diabetes, hypertension

5. Goiter and scurvy (one symptom)

Ans.	<u>Goitre</u>	<u>Scurvy</u>
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Swelling in the front portion of neck region	Bleeding gums
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## VI. Define the terms.

### 1. Roughage:

The indigestible and fibrous part of the food is called roughage.

### 2. Balanced diet:

A diet that contains all the nutrients in the right proportion, as well as roughage and water is called a balanced diet.

### 3. Food adulteration:

Addition of unwanted substances in the food that lowers its quality is called food adulteration.

### 4. Hypertension:

Lifestyle disease in which the person suffers with high blood pressure over a long period of time is called hypertension.

### 5. Deficiency diseases:

The diseases caused due to deficiency of a particular nutrient in the diet are called deficiency diseases.

## VII. Write the function of the following.

1. Fats: Fats keep our body warm.

2. Vitamins and minerals: They protect our body from diseases.

3. Carbohydrates: They provide energy to the body.

4. Proteins: They help in the growth and repair of worn out cells.

## VIII. Give reasons for the following.

1. We should include fermented food in our diet.

Ans. It is because fermented food contains useful bacteria that improve the digestion of food in the body.

2. Labourers and sports persons need to eat food that is rich in carbohydrates.

Ans. It is because they need a great amount of energy to do their work.

3. Growing children need food rich in proteins.

Ans. It is for the overall growth of their body.

## IX. Draw the following diagrams and label them.

1. Two food rich in proteins

2. Two energy giving food

Ans. Refer to page no. 42 of your course book.