

Tender Heart High School, Chandigarh  
Class - V Subject - Science  
Teacher: Nimrita Chapter-3 (Food and Health)  
(Revision)

DATE: 5.8.21

Q1) Fill in the blanks:-

- Stagnant water is a breeding place for \_\_\_\_\_.
- Sea foods are rich in \_\_\_\_\_.
- \_\_\_\_\_ is caused due to lack of Vitamin D in the diet.
- \_\_\_\_\_ is caused due to lack of iron in the diet.
- Junk Food leads to \_\_\_\_\_.

Q2) Define:

- Balanced diet
- Posture
- Vaccination.
- Fermentation.

Q3) Answer the following:-

- Give three symptoms of Kwashiorkor.
- How can you prevent communicable diseases?
- Give two sources of fats and carbohydrates. Draw diagrams.
- What is fermentation?

Thank you!

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