

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

Date: 6.5.24

Good Morning students!

This lesson is of Class-V for the subject of Science, Chapter-3 Food and Health. It is being submitted to you on 6th May, 2024. In this lesson, we will study about Food, its components, fermentation and adulteration.

"Food is the fuel for our body."

Functions:-

- Food gives us energy and help in the growth of our body.
- It help us to fight against diseases.

Components of food:-

- 1.) Carbohydrates:- provide energy to the body.

Sources: Sugar, Potato

- 2.) Fats:- provide energy to the body.

Sources: Ghee, butter.

- 3.) Proteins:- It help in growth and repair of our body.

Sources:- Pulses.

- 4.) Vitamins / Minerals:- It prevents our body from deficiency diseases.

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Sources: Fruits and vegetables.

5.) Water:- It controls metabolism of the body.

Sources: All food stuffs.

6.) Roughage:- It regulate bowel system of the body.

Sources: Vegetables.

Balanced diet:- The diet which contains all the essential nutrients in the right amount.

Posture: It is the right position in which we hold our body.

Exercise, rest and sleep keeps us fit.

Junk food is rich in fats and leads to obesity.

Fermented curd is good for our stomach.

Adulteration:- It is the addition of low quality substance to a food item to increase the margin of profit.

Kindly do worksheet-1 as home assignment.
Thank you!

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