

Jender Heart High School, Chandigarh

Class-V

Chapter-3

Subject: Science

Food and Health.

Teacher: Nimrita

Date: 20.5.24

Good Morning Children!

This lesson is of Class-V for the subject of Science, Chapter-3, 'Food and Health' of your textbook, New Trends in Science, Evergreen Publications. It is being submitted to you on 20 May, 24

In this lesson, we will study about non-communicable diseases.

Non-Communicable diseases:-

The diseases that are not passed from one person to another are known as non-communicable diseases.

1.) Protein Energy Malnutrition:-

It is caused by the deficiency of proteins and carbohydrates in diet.

Kwashiorkor:-

It is caused by the deficiency of proteins and carbohydrates in diet.

Symptoms:-

Dry scaly skin, Swollen abdomen.

Cure:-

Take diet rich in proteins and carbohydrates.

Marasmus:-

It is caused by the deficiency of

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proteins and carbohydrates in diet.

Symptoms:-

- Person becomes extremely thin and ribs can be seen.

Cure:-

Diet rich in protein and carbohydrate should be given.

II Deficiency diseases:-

- a) Night blindness:- It is the inability to see at night.

Symptoms:- Vision is not clear at night.

Cure:- Green leafy vegetables should be eaten.

- b) Scurvy:- It is caused due to lack of Vitamin C in diet.

Symptoms:- Gums bleed badly.

Cure:- Citrus fruits should be eaten.

- c) Rickets:-

It is caused due to lack of Vitamin D in diet.

Symptoms:- Bow legs.

Cure:- Increase the intake of milk products.

- d) Anaemia:- It is caused due to lack of iron in diet.

Symptoms:- Fatigue.

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Cure:- Eat green leafy vegetables and jaggery.

e) Goitre:- It is caused due to lack of iodine in diet.

Symptom:- Swelling of neck.

Cure:- Iodized salt, fish should be eaten.

I am ending today's topic. Kindly do worksheet-3 in copy.

Thank you!

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