

# 5TH GRADE - SCIENCE

## FOOD AND HEALTH

### INTERACTIVE WORKSHEET 04

#### I. Choose the correct options for each of the following.

- Which of these are macronutrients?  
(a) Vitamins                      (b) Fats                              (c) Dietary fibres              (d) Minerals
- Our bones and teeth will be well developed when we eat foods rich in  
(a) Fats                              (b) Sugars                              (c) Minerals                      (d) All of these
- Which of the following is a communicable disease?  
(a) Typhoid                      (b) Malaria                              (c) Cholera                      (d) All of these
- Vitamin B1 deficiency causes  
(a) Weight loss                      (b) Softening of bones              (c) Blindness                      (d) Weight gain
- Citrus fruits and tomatoes should be eaten to avoid  
(a) anaemia                      (b) night blindness                      (c) scurvy                      (d) goitre

#### II. Match the following.

##### Column A

(a) Iodine deficiency

(b) Vitamin C deficiency

(c) Vitamin B1 deficiency

(d) Iron deficiency

(e) Vitamin D deficiency

##### Column B

(1) Scurvy

(2) Goitre

(3) Anaemia

(4) Rickets

(5) Beriberi

# GALAXY

# ESCHOOL

