

Name: _____
Grade 5

Carbohydrates

1. We get starch from....

- A. fruit juice B. cereals and potato C jaggery D.mango .

2. Which nutritive substance provide our body with energy?

- A water B vitamins C Carbohydrate D protiens

3. This prevents constipation....

- A proteins B Dietary fibres C fats D water

4. We get _____ from starchy foods.

- A Vitamin B Mineral C Iron D Energy

5. Why can we call the fibres of mango, maize as roughage? What do you think?

6. When the starchy foods we eat

are digested, _____ are formed.



7. Jaggery and table sugar from sugarcane along with fruits, honey contains a sugar called as _____.

- A sugar B sucrose C starch D fibre

<https://quizizz.com/print/quiz/64cca09fd7796d0007ff732d> 2/2