

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 proteins

3. This prevents constipation....

- A proteins      B Dietary fibers      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?

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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