

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?

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