



**AL-REEYADA INTERNATIONAL SCHOOL
MAHASEN ARAMCO, AL-AHSA, KINGDOM OF
SAUDI ARABIA**

REVISION FOR TERM EXAM: FOOD AND HEALTH

Liveworksheet Activity

Grade - 5

Name: _____ Grade and section: _____

Students should read thoroughly from the Science Textbook on page 7. Then solve the activity with the help of a science textbook.

I. Identify the types of vitamins, minerals, functions and give the possible diseases if in case you are deficient in these kinds of nutrients.

Vitamin and Mineral	Sources	Function	Deficiency Disease
1. _____	Sources: Carrot, liver, yellow fruits, and vegetables.		
2. _____	Sources: Milk products, eggs, green leafy vegetables.		
3. _____	Sources: Oranges and citrus fruits		
4. _____	Sources: Seafoods and iodised salt		
5. _____	Sources: Fish, beans, meat and whole grains and nuts		
6. _____	Sources: Meat, fish, milk products, egg beans and grains		
7. _____	Sources: Milk, cheese, fish, egg and sunlight.		
8. _____	Sources: Liver, meat, seafood, spinach, beans		

II. Directions: Read each question below carefully and fill in the blank(s) with the correct answer. *Clue: Pages 1-7.

1. _____ are substances that the body needs to live, grow and be healthy.
2. Five main kinds of nutrients are: _____, _____, _____, _____ and _____.
3. Energy-giving foods are also known as _____.
4. Body-building foods are also known as _____.
5. Protective Foods are also known as _____.
6. _____ is that part of food that cannot be digested by the body.
7. A diet that contains **all the nutrients** as well as _____ and _____ is called a _____.
8. Communicable diseases are called _____.
9. The non-communicable diseases are called _____.
10. Infectious diseases are caused by _____.

III. Directions: Match the types of diseases with their common examples or descriptions. Write the correct letter in the blank.

Choices:

A. INFECTIOUS DISEASES

B. NON-INFECTIOUS DISEASES

- _____ 1. This kind of diseases are caused by germs.
- _____ 2. Diabetes
- _____ 3. Bad habits such as smoking or drinking
- _____ 4. A disease that spread through damage skin
- _____ 5. A disease through infected water and food
- _____ 6. This kind of diseases do not spread from one person to another.
- _____ 7. Deficiency diseases
- _____ 8. Obesity
- _____ 9. A mosquito carrier of Malaria or Dengue.
- _____ 10. Typhoid.

***Think about it.** Add this in your **homework activity notebook** as additional revision below.

1. As a young child, (1.) how can you prevent like cough or diarrhoea?
And also (2.) how to prevent being obese?