5TH GRADE - SCIENCE

FOOD AND HEALTH

INTERACTIVE WORKSHEET 04

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

1. **Which of these are macronutrients?**

   (a) Vitamins (b) Fats (c) Dietary fibres (d) Minerals

2. **Our bones and teeth will be well developed when we eat foods rich in**

   (a) Fats (b) Sugars (c) Minerals (d) All of these

3. **Which of the following is a communicable disease?**

   (a) Typhoid (b) Malaria (c) Cholera (d) All of these

4. **Vitamin B1 deficiency causes**

   (a) Weight loss (b) Softening of bones (c) Blindness (d) Weight gain

5. **Citrus fruits and tomatoes should be eaten to avoid**

   (a) anaemia (b) night blindness (c) scurvy (d) goitre

II. Match the following.

Column A	Column B
(a) Iodine deficiency	(1) Scurvy
(b) Vitamin C deficiency	(2) Goitre
(c) Vitamin B1 deficiency	(3) Anaemia
(d) Iron deficiency	(4) Rickets
(e) Vitamin D deficiency	(5) Beriberi

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