

5TH GRADE - SCIENCE

FOOD AND HEALTH

INTERACTIVE WORKSHEET 05

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

8-10

cholera

micronutrients

diet

minerals

1. Nutrients required in small quantities in our daily diet are called .
2. are required for the physical and mental development of the body.
3. We should drink at least glasses of water daily.
4. Non-communicable diseases can be avoided by following a good .
5. Vomiting and dehydration are the symptoms of .

II. State whether the following statements are true(T) or false (F)

1. Proteins are the building materials of our body parts.
2. Vaccination can prevent communicable diseases.
3. Viruses and fungi cause non-communicable diseases.
4. We can have a balanced diet when we eat a variety of food in adequate amounts.
5. Plenty of fluids and bed rest can decrease the symptoms of measles to some extent.

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