

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

(a) Iodine deficiency

(b) Vitamin C deficiency

(c) Vitamin B1 deficiency

(d) Iron deficiency

(e) Vitamin D deficiency

Column B

(1) Scurvy

(2) Goitre

(3) Anaemia

(4) Rickets

(5) Beriberi

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