

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 protiens

3. This prevents constipation....

- A proteins   B Dietary fibres   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?

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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

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