

St. Peter's Sr. Sec school jaora

Class V

Science

Chapter 9 - Nutrition and health

A. Answer these questions

1. Define health.

Ans scientists define health as a state of complete physical and mental well - being. This means that both the mind and the body must be completely fit for a person to be considered healthy.

2. What is balanced diet ?

Ans A diet that contains adequate amount of different components of food required for the healthy functioning of the body is called a balanced diet.

3. Give any five ways by which infectious diseases spread ?

Ans **Spread of communicable diseases**

1. Through infected food and water

2. Through air

3. Through insect bites

4. Through direct contact

5. Through cuts in the skin

4. How do vaccines help us prevent some diseases ?

Ans Vaccination is a process of injecting dead or weakened germs (vaccine) into the body of a healthy person in order to help the body develop immunity against a disease. Immunity is the ability of the body to recognize and destroy germs.

B. Fill in the blanks

1. Food like rice , wheat , and potato are good source of **carbohydrates**.

2. Communicable diseases are caused by micro - organism called **germs**

3 **chicken pox and dengue** are caused by virus

4. Goitre is caused due to shortage of **iodine**.

5. The deficiency of vitamin c causes scurvy.

C. True or false

1. Fats help to keep our body warm - **True**
2. Vitamins provide quick energy - **False**
3. Cholera is a deficiency disease - **False**
4. Ringworm spreads by direct contact - **True**
5. Night blindness is caused due to deficiency of vitamin D - **False**

D. Complete the following

Disease	Germ type	Mode of transmission
Malaria	protozoa	Through insect bites
Chicken pox	viruses	Through air
Cholera	Bacteria	Through infected food and water
Plague	protozoa	Through insect bites
Typhoid	Bacteria	Through infected food and water
Measles	viruses	Through air

E. Match the columns :

1. Night blindness - Vitamin A
2. Scurvy - vitamib C
3. Goitre - Iodine
4. Anaemia - Iron
5. Beri - Beri - Vitamin B
6. Rickets - Vitamin D

F. Tick the correct answer:

1 sugar is a kind of

Ans carbohydrates

2. Night blindness is due to lack of

Ans Vitamin A

3. Scurvy is caused due to deficiency of -

Ans vitamin C

4. Rickets is caused due to deficiency of -

Ans vitamin D

5. Beri - Beri is caused due to deficiency of

Ans vitamin B