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CLASS – 5

CHAPTER – 3

DATE – 01-07-20

FOOD HEALTH AND DISEASES

SUBJECT TEACHER-SONI KUMARI

REVISION

A . Tick (✓) the correct answers :

1 . A diet with all essential nutrients is called

(a) Roughage (b) minerals (c) balanced diet

2 . Which are also called energy – giving foods ?

(a) Carbohydrates (b) proteins (c) vitamins

3 . They repair our worn – out cells and tissues

(a) Vitamins (b) proteins (c) minerals

4 . Which minerals helps to strengthen our bones , teeth and gums ?

(a) Iron (b) zinc (c) calcium

5 . Which mineral is found in peas , beans and green leafy Vegetables ?

(a) Phosphorus (b) Fluorine (c) Zinc

HOME WORK

Do it in copy .