

VIDYA BHAWAN BALIKA VIDYAPITH , LAKHISARAI

CLASS – 5

CHAPTER – 3

DATE 02-07-20

FOOD HEALTH AND DISEASES

SUBJECT TEACHER-SONI KUMARI

REVISION

B . Fill in the blanks :

- 1 . Fats are made up of
- 2 . Vitamins and minerals protect us against
- 3 . Excess intake of can make us obese .
- 4 protects the heart, joints and brain .
- 5 . Deficiency of vitamin D causes

HOME WORK

Do it in copy .