

**Balika Vidyapith Lakhisarai (811311)**

**CLASS - 5**

**SUBJECT - EVS**

**Based On NCERT**

**Date - 02/08/2020**

**Chapter - 3(Revise)**

**\* Food , Health And Diseases \***

**A. Tick (✓) the correct answer :**

**1. A diet with all essential nutrients is called .....**

**(a) roughage (b) minerals (c) balance 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 mineral help 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**

**\*\*\*\*\***

**Jyoti**