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CLASS – 5

CHAPTER – 3

DATE 04-07-20

FOOD HEALTH AND DISEASES

SUBJECT TEACHER-SONI KUMARI

### REVISION

C . Write the sources of the following vitamins :

- 1 . Vitamin A : - Milk , Butter , Eggs , Carrot .
- 2 . Vitamin B : - Seafood , Milk , Meat , Green leafy vegetables .
- 3 . Vitamin C :- Amla , Tomatoes , Green leafy vegetables , Citrus fruit .
- 4 . Vitamin D : - Sunlight , Milk , Butter , Green leafy vegetables .
- 5 . Vitamin E : - Almond , Peanut , Sunflower , Soyabean .

### HOME WORK

Do CW in HW .

To remember CW .

Send it in audio .