

VIDYA BHAWAN BALIKA VIDYAPEETH , LAKHISARAI

CLASS – 5

CHAPTER – 3

DATE 06-07-20

FOOD , HEALTH AND DISEASES

SUBJECT TEACHER – SONI KUMARI

REVISION

D . Answer the following questions :

- 1 . What is a balanced diet ? Why is it important to eat a balanced diet ?
- 2 . In how many groups can we divide our food .
- 3 . Which diseases are caused due to the deficiency of vitamin B ?
- 4 . What is roughage ?
- 5 . What is adulteration of food ?

HOME WORK

Do it in copy .

Send in audio .