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BASED ON N.C.E.R.T PATTERN

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Ans 1. We all need energy to grow, stay alive, keep warm and be active. Energy is provided by the carbohydrate, protein and fat in the food and drinks we consume. ... Different food and drinks provide different amounts of energy.

Ans 2. Nutrients are the organic substances which are required for regulating body functions.

Ans 3. carbohydrates are one of the three macronutrients in our diet with their main function being to provide energy to the body. They occur in many different forms, like sugars and dietary fibre, and in many different foods, such as whole grains, fruit and vegetables.

Ans 4. Foods that contain both carbohydrate and protein include some whole grain products

such as quinoa; yogurt especially Greek yogurt; dried or canned beans; and soy products such as tofu and tempeh. Both carbohydrate and protein are important nutrients to include in your diet.

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Ans 1. A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.

Ans 2. Vitamins help your body grow and work the way it should. There are 13 essential vitamins – vitamins A, C, D, E, K, and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, B₆, B₁₂, and folate).

Vitamins have different jobs to help keep the body working properly.

Ans 3. Scurvy. It's rare, but a severe shortage of vitamin C in your body can lead to scurvy, a

disease related to poor nutrition. It can make you weak, cause anemia, and lead to bleeding under your skin. Bleeding gums are a typical sign of scurvy.

Ans 4. In adults, severe vitamin D deficiency leads to osteomalacia. Osteomalacia causes weak bones, bone pain, and muscle weakness.

Ans 5. Just like vitamins, minerals help your body grow, develop, and stay healthy. The body uses minerals to perform many different functions – from building strong bones to transmitting nerve impulses. Some minerals are even used to make hormones or maintain a normal heartbeat.

IN H.W. PAGE 63 TO 70 READ IT IN YOUR HOME

To be CONTINUE.....