



STEPPING STONE  
SCHOOL (HIGH)

**CLASS: V**

**Subject: Science**

**Date: 28/05/2020**

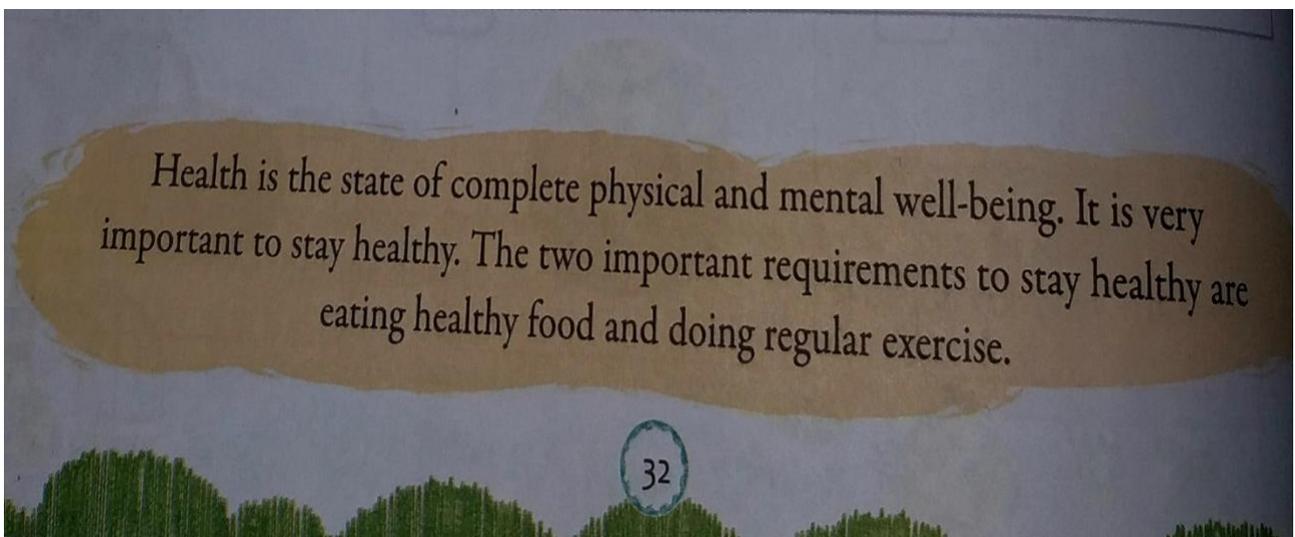
**Topic: Food And Health**

**Time Limit: 30 Mins**

*Worksheet No. : 9*

*[Copy the questions following the notes and solve them on a sheet of paper date wise. Keep the worksheets ready in a file to be submitted on the opening day.]*

**Children, let us start with a new chapter today, Food And Health. With the help of your parents, learn the chapter and the question-answers given thoroughly. Then, solve the given exercise.**



## NUTRIENTS IN FOOD

Food is very important to lead a healthy life. Food helps us in the following ways:

- It serves as the ultimate source of energy for our body.
- It helps us to grow and to repair worn-out cells in our body.
- It helps our body to fight germs.

There are different components present in our food that serve as a source of energy and help us to grow, to repair our cells and to fight germs. These different components are called **nutrients**. Food consists of five main nutrients; these are **carbohydrates, fats, proteins, vitamins** and minerals.

### Carbohydrates and Fats

Carbohydrates and fats are the nutrients that give us energy. Potato, sugar, rice and wheat products are sources of carbohydrates. Fats are found in butter, ghee, oil, cheese and nuts.

Although fats give us more energy than carbohydrates, we should not consume fat in large quantities. The excess intake of fat can make us obese and can lead to various other lifestyle diseases.



Carbohydrate-rich food items



Fat-rich food items



Protein-rich food items

### Proteins

Proteins are responsible for building our body. They help us in our growth and help repair cells. Milk, milk products, beans, peas, fish, pulses, eggs and meat are some food items rich in proteins.

### Vitamins and Minerals

Both minerals and vitamins are needed in small quantities by our body. Vitamins help prevent and cure certain diseases. They are present in fruits, vegetables, milk, eggs and nuts. Vitamin A, B, C, D and K are some of the different vitamins that our body needs. Minerals help in the



Vitamin-rich and mineral-rich food items

## **Questions and Answers**

**Q 1. Define nutrients.**

**Ans. Substances that provide nourishment essential for the maintenance of life and growth are called nutrients.**

**Q 2. How does food help us?**

**Ans. Food is very important to lead a healthy life. Food helps us in the following ways:**

- i) It serves as the ultimate source of energy for our body.**
- ii) It helps us to grow and to repair worn-out cells in our body.**
- iii) It helps our body to fight germs.**

**Q 3. What are carbohydrates?**

**Ans. Carbohydrates are energy-giving nutrients of our body. They provide energy for different physical activities of our body. Carbohydrates are found in potato, sugar, rice and wheat.**

**Q 4. What are fats?**

**Ans. Fats are also energy-giving nutrients. They provide twice the energy provided by carbohydrates. However we should not consume fat in large quantities, because intake of excess fat can make us obese and lead to various lifestyle disorders. Fats are found in butter, ghee, cheese, oil and nuts.**

**Fill in the blanks:**

1. \_\_\_\_\_ is a state of complete physical and mental wellbeing.
2. The two important requirements to stay healthy are eating \_\_\_\_\_ food and doing regular \_\_\_\_\_ .
3. Food consists of \_\_\_\_\_ main nutrients.
4. Carbohydrates give us \_\_\_\_\_ .
5. Intake of excess fat can make us \_\_\_\_\_ .
6. The five main nutrients in our food are \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_ and \_\_\_\_\_ .