



STEPPING STONE  
SCHOOL (HIGH)

CLASS: V

**Subject: Science**

**Date: 22.06.2020**

**Topic: Food and Health (Continuation)**

**Time Limit: 30 Mins**

***Worksheet No. : 15***

*[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.]*

**Hi children, hope you all are fine.**

**Q.1 Why are sprouts and fermented food good for health?**

**Ans -Sprouts and fermented food contain useful bacteria and yeast. Fermented food is good for digestion as the bacteria that help in fermentation also aid in digestion. Examples are idli, curd etc.**

**Q. 2 what is food adulteration?**

**Ans -The act of adding or removing substances from food items such that their natural composition changes and quality gets lowered is called food adulteration. Manufacturers and traders adulterate food items either to increase its quantity or to give it an attractive look. Inferior and harmful ingredients are used to**

maximise profits. Adulterated food is extremely harmful for health. Examples of some common food adulteration are- milk with water, black pepper with papaya seeds, suji with pure ghee, etc.

Learn the table given below very thoroughly

Food Item(s)	Adulterant(s)
Turmeric, dals and pulses	Metanil yellow and <i>khesari</i> dal
Green chillies, green peas and other vegetables	Malachite green, argemone seeds
Mustard seeds and mustard oil	Argemone seeds, papaya seeds
Paneer, <i>khoya</i> , condensed milk and milk	Starch and water
Ice cream	Pepperonil, ethyl acetate, butyraldehyde, nitrate, washing powder, etc
Coffee powder	Tamarind seeds, chicory powder
Cereal	Soil, pieces of stone, infested cereal
Pulses	<i>Khesari</i> dal
Bengal gram flour	Starch powder, maize flour
Ghee	Vegetable ghee, animal fat, sweet potato
Milk	Water
Tea	Used tea leaves
Pepper	Papaya seeds
Clove	Exhausted cloves after oil extraction
<i>Dhania</i> or coriander powder	Sawdust, horse dung
Red chilli powder	Sawdust, powdered red brick
Honey	Sugar, water

Complete the given exercise:

... should avoid spending too much time sitting at a place.

D. Match the following (use coloured pencils).

- |              |                    |                                         |
|--------------|--------------------|-----------------------------------------|
| 1. Vitamin A | a. Beriberi        | i. Cannot see in dim light              |
| 2. Vitamin B | b. Goitre          | ii. Affects the nervous system          |
| 3. Vitamin C | c. Night blindness | iii. Gums bleed                         |
| 4. Vitamin D | d. Scurvy          | iv. Thyroid gland in the neck swells up |
| 5. Iodine    | e. Rickets         | v. Bones become weak                    |

E. Answer the following questions in a word.

1. Name one source of vitamin C.
2. Which type of food contains useful bacteria?
3. Which disease is caused by the intake of a lot of junk food?
4. Which disease is caused by the deficiency of iron?
5. Diabetes is an example of which type of disease?