



CLASS: V

Subject: Science

Date: 09.06.2020

Topic: Food and Health

Time Limit: 30 Mins

Worksheet No. : 12

[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.]

Q. 12 What are non-communicable diseases?

Ans. Diseases that do not spread by the transfer of germs from one person to another are called non-communicable diseases . For example – diabetes, arthritis etc.

Q. 13 List some measures that we should take to make our diet healthy.

Ans. We can make our diet healthier in numerous ways. Some of them are as follows:

- i) Include fruits, vegetables, yogurt and salad in our daily diet.**
- ii) Consume less amounts of sugar and salt.**
- iii) Avoid deep fried food items and use less oil while cooking.**
- iv) Include sprouts of pulses such as moong dal and chana dal in our diet.**
- v) Intake of fermented food as they contain useful bacteria and yeast, which is good for digestion.**

Q. 14 List some non-communicable diseases.

Ans. Some non-communicable diseases are:

- i) Allergies caused when a person is sensitive to certain substances like dust, pollen, milk products and drugs.**
- ii) Some diseases like diabetes and arthritis that occur due to improper functioning of certain body parts.**
- iii) Diseases related to the heart mostly caused by over-eating fried food and junk food.**
- iv) Some diseases like cancer, caused due to unhealthy practices like smoking and excessive intake of alcohol.**

Q. Give reasons for the following:

1. The food pyramid is shaped like a triangle

Ans. The food pyramid signifies a wide variety of food intake from the five major food groups, while minimizing the intake of fats and

sugars. The daily quantity of food from each group is represented in the triangular shape.

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

Ans. We should not spend too much time sitting at a place because it will not burn the calories in our body and make us obese.

Exercise

Q. Fill in the blanks:

1. _____ are caused when a person is sensitive to certain substances.

2. Some diseases like _____ are caused due to unhealthy lifestyle.

3. Some diseases like _____ and _____ occur due to improper functioning of certain body parts.