STEPPING STONE SCHOOL (HIGH)

**CLASS: V**

**Subject: Science** **Date: 10.06.2020**

**Topic: Food and Health** **Time Limit: 30 Mins**

## *Worksheet No. : 13*

*[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. 15 What are lifestyle diseases?**

**Ans. Lack of physical activity and eating lots of junk food leads to a number of diseases. These are called lifestyle diseases. Some common lifestyle diseases are obesity, hypertension, diabetes, anaemia and heart diseases.**

**Q. 16 What do you mean by obesity?**

**Ans. Obesity or excessive weight gain occurs due to an unhealthy lifestyle, which includes eating unhealthy food items such as junk food and doing less physical activity. Consuming too much fat makes us overweight.**

**Q. 17 What is junk food?**

**Ans. Junk food refers to any food which has very low amounts of nutrients and fibres but contains high amount of salt, sugar and fat.**

**Examples of junk food are chocolates, pizzas, ice creams and cold drinks. Regular eating of junk food can cause diseases such as diabetes, hypertension and other heart-related diseases.**

**Q. 18 What is hypertension? What are its symptoms?**

**Ans. Hypertension or high blood pressure is a common lifestyle disease. High blood pressure may lead to several types of heart diseases. The main causes of high blood pressure are stress, anxiety, lack of physical activity and eating unhealthy food.**

**<u>Symptoms</u>: Usually there are no clear symptoms of high blood pressure. However, people suffering from high blood pressure may experience heaviness and dizziness in the head.**

**Q. Draw five food items which are rich in carbohydrates, fats and proteins.**