



DAV NUPPL Public School

NUPPL Township, Ghatampur, Kanpur Nagar, UP-209206

Assignment: Half yearly
Subject: Science

Class : V
Session: 2024-25

Chapter 5: Food and Health

1. Complete the following:

- Deficiency of different minerals in our body leads to _____ of different parts of our body.
- Haemoglobin is a pigment found in blood which _____ and provides red colour to blood.
- All the articles and clothes of _____ should be disinfected.
- Germs of common cold, measles and chicken pox spread through _____.
- If water in coolers, flower pots and containers is not changed every 3 or 4 days, then such a water becomes _____.
- Health is state of complete physical and _____ well- being.

2. Correct the given statements:

- Nutrients are substances present in the water and are required for improper growth.
- Fats are body building and protective foods.
- Diseases that are generally not transmitted from one person to another are known as communicable disease.
- Deficiency disease is caused due to excess of a particular nutrient.

3. I went to a hill station. I found that some people had enlargement of the glands in the neck region. Why do people have that enlargement? How can such person be cured?

4. Some children were noticed with improper growth of the body, loose skin and sunken eyes, thin and light hair. What are these children suffering from? Why are they suffering from it?

5. Mention different ways by which communicable diseases are transmitted.

6. **Make a list of different food and write down the name of different nutrients present in the food items and make a table.**

S.N	Name of the food	Nutrient present in the food
1		
2		
3		
4		
5		
6		

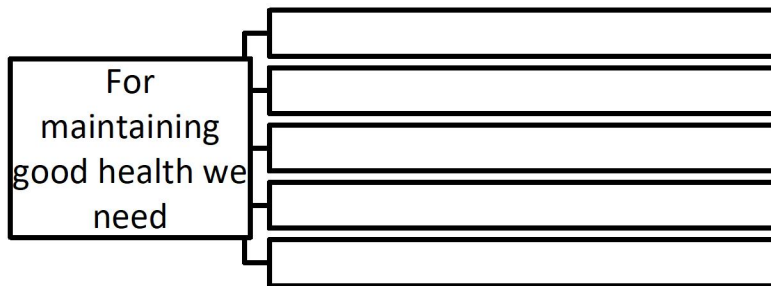
7. Name the first vitamin that was discovered and where was it discovered?

8. The student should prepare the balance diet for himself.

9. Define the following terms:

- Health
- Nutrients
- Disease
- Communicable disease

10. Complete the chart given below:



11. What is malnutrition? What does it result in ?
12. Why are people advised to maintain social distancing and wear mask when they are exposed to person suffering from covid-19 in this time of pandemic?
13. A person is suffering from extreme weakness and paralysis of body parts.
 - a) Name the disease he is suffering from.
 - b) What is the cause of the disease?
14. How can the deficiency disease be prevented?

15. Assertion/Reason Questions:

Assertion: Cooking food before consumption is important for maintaining good health.

Reason: Cooking destroys harmful bacteria and parasites present in raw food.

Options:

- A. Both the Assertion and Reason are correct, and the Reason is the correct explanation for the Assertion.
 - B. Both the Assertion and Reason are correct, but the Reason is NOT the correct explanation for the Assertion.
 - C. The Assertion is correct, but the Reason is incorrect.
 - D. Both the Assertion and Reason are incorrect.
16. What are the different ways by which the germs causing communicable disease enter the body of a person?

17. Complete the given table:

S.N	Name of mineral/ vitamin	Deficiency disease	Symptoms
1	Iron		Person looks pale, gets tired easily and is prone to different infections
2	Iodine	Goitre	
3		Night blindness	Unable to see in dim light, dullness in eyes
4	Vitamin B		Extreme weakness and paralysis of body parts
5		Scurvy	
6	Vitamin D		

Chapter 6: Spoilage and Wastage of food and food preservation

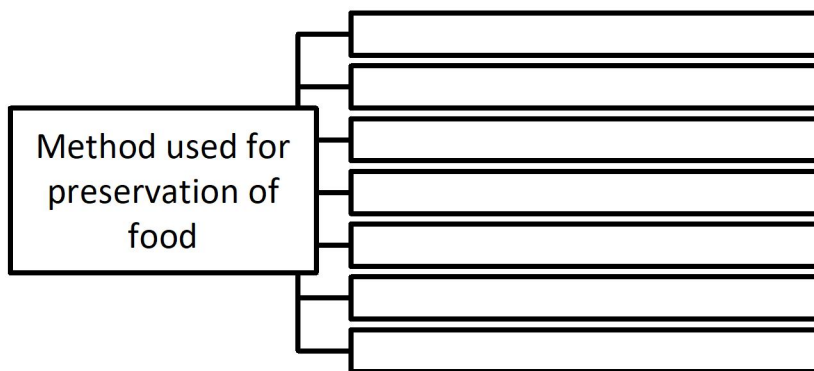
1. Complete the following:

- i. 'Take what you eat, eat what _____'.
- ii. Both sugar and salt serve as _____.
- iii. Acetic acid is form of _____.
- iv. Milk is _____ to kill microorganism.
- v. Food preservation helps to maintain _____ of food.
- vi. Micro-organism and enzymes get _____ at low temperature thus the spoilage of food gets prevented.

- vii. _____ helps in adding variety to our diet.
- viii. In the process of _____ water content of the food stuff is removed.
- ix. The shelves where biscuits and spices are kept in the kitchen should always be kept _____ and _____.
- x. _____ and _____ are used to preserve fruits, vegetables and meat products.
- xi. _____ is form of sterilization.

2. **Write True or False:**

- i. Fruits and vegetables are kept in the lower shelf of refrigerator when they have to be used immediately.
 - ii. Sugar and salt are stored in container kept at low temperature.
 - iii. Insects and worms usually make their homes at warm and wet places.
 - iv. Acetic acid is used in the manufacture of many pickled products.
 - v. Many fruits, vegetables and meat products are pasteurized for preservation.
 - vi. Vacuum packing limits the growth of bacteria and fungi in the packet.
3. By mistake you left a small piece of sandwich in a plate in the corner of room for 5 to 6 days. After 5 days when the plate was found the sandwich had cottony growth on it.
- a) What was the cottony growth on the sandwich?
 - b) Is this bread suitable for human eating?
4. Geeta left a bag full of tomatoes on the shelf in the kitchen for 3 days. What will happen to the tomatoes after 3 days? Why does it happen to tomatoes?
5. Notice the food items present in your kitchen and ask your mother how she stores them?
6. What causes the change in the color of fruit and its taste on ripening?
7. **Define the following terms:**
- a) Food preservation
 - b) Dehydration
 - c) Pasteurization
8. Why do manufacturers usually fill nitrogen in the packets of potato chips?
9. **Complete the chart**



10. How do less moisture and low temperature help in food preservation?

11. **Complete the table:**

S.N	Name of the food	Method of storage used
1	Fruits and vegetables	
2	Milk	
3	Biscuits and chips	
4	Raw chicken and fish	
5	Onions and potatoes	
6	Sugar and salt	

12. How do enzymes cause spoilage of food?
13. What makes us realize the food material at home is spoiled?
14. How can we prevent wastage of food?

15. Assertion/ Reason Questions:

- **Assertion:** Proper food preservation techniques are essential to reduce food spoilage and wastage.
- **Reason:** Food preservation methods like refrigeration, drying, and canning slow down the growth of spoilage-causing microorganisms and enzymes.

Options:

- A. Both the Assertion and Reason are correct, and the Reason is the correct explanation for the Assertion.
- B. Both the Assertion and Reason are correct, but the Reason is NOT the correct explanation for the Assertion.
- C. The Assertion is correct, but the Reason is incorrect.
- D. Both the Assertion and Reason are incorrect.

16. Read the paragraph carefully and answer the following questions:

Wasting food is a big problem, but we can take steps to prevent it. Food can spoil quickly because microorganisms like bacteria and fungi grow when there is warmth and moisture. To prevent this, we can use methods like pasteurization, which involves heating food to kill harmful bacteria. Another method is vacuum packing, which removes air from the packaging, preventing microorganisms from growing. By preserving food properly, we can save resources and reduce waste, ensuring that more people have enough to eat.

Questions:

1. Explain how pasteurization and vacuum packing help in preserving food and preventing waste.
2. Fill in the blanks:
Microorganisms grow when there is _____ and _____.
3. What does pasteurization do to food?
 - a) Freezes it
 - b) Dries it
 - c) Heats it to kill bacteria
 - d) Packs it in air-tight containers
4. Vacuum packing helps preserve food by removing air. (True/False)
5. Why is it important to prevent food waste?

Multiple choice questions:

1. What do herbivores primarily eat?
 - a) Meat
 - b) Plants
 - c) Insects
 - d) Fish
2. Which of the following animals is known for its ability to store fat in its hump?
 - a) Elephant
 - b) Giraffe
 - c) Camel
 - d) Lion
3. What is the main purpose of a balanced diet for humans?
 - a) To eat more sweets
 - b) To provide all necessary nutrients for good health
 - c) To drink more water
 - d) To eat only one type of food
4. Which animal is a carnivore?
 - a) Cow
 - b) Deer
 - c) Lion
 - d) Rabbit

5. Match the following:

- | | |
|----------------|------------------------|
| i. Milk | chips |
| ii. Vitamin B1 | warm and moisture |
| iii. Fungus | first to be discovered |
| iv. Nitrogen | Pasteurization |