



PUBLIC SCHOOL DARBHANGA

Session 2020-21

Science

Class-V

Food and health

Question 1: Complete the table: -

S.No.	Nutrients	Found In
1	Carbohydrates	
2	Protein	
3	Vitamin A	
4	Vitamin C	
5	Iron	

Question 2: Match the following: -

Nutrients	Deficiency Disease	Symptoms of Disease
Vitamin A	goiter	bones become soft
Vitamin B1	night blindness	a gland in the neck region swells up
Vitamin C	rickets	patient cannot see in dim light
Vitamin D	scurvy	affects the nervous system
Iodine	beriberi	bleeding gums

Answer Key

Question 1:

S.No.	Nutrients	Found In
1	Carbohydrates	bread, rice, cereals, potato
2	Protein	eggs, nuts, fish, cheese
3	Vitamin A	milk, nuts, tomatoes, carrot
4	Vitamin C	potato, cauliflower, orange, Greenleaf
5	Iron	spinach, guava, banana, brinjal

Question 2:

Nutrients	Deficiency Disease	Symptoms of Disease
Vitamin A	night blindness	patient cannot see in dim light
Vitamin B1	beriberi	affects the nervous system
Vitamin C	scurvy	bleeding gums
Vitamin D	rickets	bones become soft
Iodine	goiter	a gland in the neck region swells up