

WORK SET FOR CLASS V

SUBJECT – SCIENCE

CHAPTER : FOOD AND HEALTH

ANSWER THE FOLLOWING QUESTIONS :

1. What are the different components of food?
2. Write the functions of the components and give examples.
3. What is a balanced diet?
4. What is junk food? Write the bad effects of junk food?
5. Write any three prevention and control of deficiency diseases.
6. Draw two food items from each food group.