

CLASS-5

EVS

Nutrition and Its Deficiency

10

- A. 1. Excess fat can cause of obesity and different types of diseases.
2. Abdomen swells, child loses appetite, the growth of child stops and liver is also affected.
- B. 1. (b); 2. (c); 3. (b); 4. (a); 5. (b)
- C. 1. False; 2. True; 3. True; 4. False; 5. False
- D. 1. body-building; 2. Nutrients; 3. anaemia; 4. rickets; 5. nutrients
- E. 1. Carbohydrates and fats are energy-giving nutrients.
2. Proteins are body-building nutrients and help us to grow.
3. Vitamins and minerals are called protective nutrients. They help us to keep fit and healthy.
4. Disease caused by lack of protein is called kwashiorkor.
5. A balanced diet consists of food that has all the essential and adequate nutrients necessary for growth, development and good health.
- F. 1. Nutrients are the fuel for our body. They give us energy, help to grow proper and keep us away from diseases.
2. Calcium and phosphorus are very necessary minerals for bones and teeth. Deficiency of these minerals makes bones and teeth weak.
3. Roughage helps to clean the digestive system. They help the food to pass through the stomach.
4. Diseases that are caused by deficiency of nutrients are called deficiency diseases.
5. Malnutrition means lack of nutrients. The human body needs a certain amount of carbohydrates and proteins. The lack of these nutrients in our food over a long period affects our health. Malnutrition specially affects children.

Hot Question

Sunlight contains vitamin D that is necessary for our body.