HANDOUTS (CHAPTER -5)

Class -V. SUBJECT- SCIENCE

Part 1: Multiple Choice Questions (MCQs)

Q1. What are the essential substances present in food required for the proper growth and development of our body called?

A) Malnutrition

B) Pathogens

C) Nutrients

D) Symptoms

Q2. Which of the following food groups should be eaten the most according to the Healthy Eating Pyramid?

A) Fat, salt and sugar

B) Milk and dairy products

C) Fruits and vegetables

D) Bread and cereals

Q3. According to the Healthy Eating Pyramid, how should milk, dairy products, bean products, and meat be consumed?

A) Eat the most

B) Eat more

C) Eat moderately

D) Eat less

Q4. Which nutrient's primary function is to provide energy to our body?

A) Proteins

B) Carbohydrates

C) Vitamins

D) Minerals

Q5. What is the primary role of proteins in our diet?

A) Provide warmth

B) Help to grow and repair worn-out tissues

C) Protect from all infectious germs

D) Prevent goitre

Q6. Which nutrient group provides energy and warmth to the human body?

A) Fats

B) Minerals

C) Roughage

D) Water

Q7. Vitamins and minerals are primarily necessary for which function?

A) Providing bulk to food

B) Rapid weight gain

C) Proper functioning of our body

D) Instant energy release

Q8. How is 'Health' defined in the text?

A) The absence of physical diseases only

B) A state of complete physical and mental well-being

C) The ability to run fast and lift weights

D) Having a diet rich only in carbohydrates

Q9. Which of the following is NOT listed as a requirement for maintaining good health?

A) Regular exercise

B) Proper rest

C) Clean and hygienic surroundings

D) Eating fried foodstuffs daily

Q10. Any defect or abnormality found in the body due to malfunctioning of a part or lack of nutrients is called a:

A) Symptom

B) Healing factor

C) Disease

D) Exercise routine

Q11. Diseases that generally do not get transmitted from one person to another are categorized as:

A) Communicable diseases

B) Non-communicable diseases

C) Vector-borne diseases

D) Contagious diseases

Q12. Diseases that are caused due to some deficiency in our diet are specifically known as:

A) Deficiency diseases

B) Acute diseases

C) Communicable diseases

D) Environmental diseases

Q13. A child with loose skin, sunken eyes, thin/light hair, and improper body growth is likely suffering from the deficiency of:

A) Iron

B) Iodine

C) Proteins and Carbohydrates

D) Vitamin C

Q14. Which deficiency disease is characterized by a low haemoglobin content in the blood, making a person look weak and pale?

A) Goitre

B) Anaemia

C) Beri-Beri

D) Rickets

Q15. What are the primary symptoms associated with a deficiency of Calcium and Phosphorus?

A) Swelling in the neck region

B) Weak teeth losing shine and fragile bones

C) Bleeding gums and loose teeth

D) Bow-shaped legs and blindness

Q16. Enlargement of the glands in the neck region is a characteristic symptom of which disease?

A) Rickets

B) Scurvy

C) Goitre

D) Anaemia

Q17. Goitre is caused by the deficiency of which mineral in the diet?

A) Iron

B) Calcium

C) Sodium

D) Iodine

Q18. Which vitamin deficiency causes Night Blindness, making a person unable to see in dim light?

A) Vitamin A

B) Vitamin B

C) Vitamin C

D) Vitamin D

Q19. Swollen and bleeding gums along with loose teeth are classic symptoms of which deficiency disease?

A) Beri-Beri

B) Scurvy

C) Rickets

D) Anaemia

Q20. Bow-shaped legs and soft, weak bones in children are caused by a deficiency of which vitamin?

A) Vitamin A

B) Vitamin B

C) Vitamin C

D) Vitamin D

Part 2: Fill in the Blanks

1. All living organisms need _____ to grow, stay healthy, and get energy to do work.

2. According to the Healthy Eating Pyramid, we should eat _____, salt, and sugar the least.

3. The Healthy Eating Pyramid advises us to eat fruits and vegetables in the _____ category.

4. Carbohydrates are nutrients that primarily provide _____ to our body.

5. Fats provide energy and _____ to our body.

6. Vitamins and minerals are necessary for the proper _____ of our body.

7. If we do not fulfill the different needs of our body, we may fall ill and get _____.

8. Diseases are broadly classified into two main categories: Non-Communicable diseases and _____ diseases.

9. Protein-Carbohydrate deficiency disease often affects children in the age group of 6 months to _____ years.

10. _____ is a pigment found in blood which transports oxygen and provides red colour to blood.

11. A deficiency of _____ in the diet leads to Anaemia.

12. A person suffering from Anaemia looks weak and pale and gets _____ very easily.

13. Deficiency of calcium and phosphorus leads to weak, soft, and _____ bones.

14. Goitre is characterized by the enlargement of _____ in the neck.

15. A person showing swelling in the neck region, retarded growth, and mental disorder is suffering from _____.

16. In 1910, an American scientist found that the outer layer of rice kernel contains a substance called _____.

17. Thiamin is also known as Vitamin _____, which was the first vitamin to be discovered.

18. Deficiency of Vitamin B causes a disease known as _____.

19. Diseases which generally get transmitted from one person to another are called _____ diseases.

20. Communicable diseases are transmitted through germs like bacteria, virus, _____, or protozoa.

Official Answer Key

Part 1: MCQ Solutions

Q. No.	Correct Option	Key Concept / Text Reference
1	C) Nutrients	Refer to chapter concepts on Nutrients and Health.
2	D) Bread and cereals	Refer to chapter concepts on Nutrients and Health.
3	C) Eat moderately	Refer to chapter concepts on Nutrients and Health.
4	B) Carbohydrates	Refer to chapter concepts on Nutrients and Health.
5	B) Help to grow and repair worn-out tissues	Refer to chapter concepts on Nutrients and Health.
6	A) Fats	Refer to chapter concepts on Nutrients and Health.
7	C) Proper functioning of our body	Refer to chapter concepts on Nutrients and Health.
8	B) A state of complete physical and mental well-being	Refer to chapter concepts on Nutrients and Health.
9	D) Eating fried foodstuffs daily	Refer to chapter concepts on Nutrients and Health.
10	C) Disease	Refer to chapter concepts on Nutrients and Health.
11	B) Non-communicable diseases	Refer to chapter concepts on

		Nutrients and Health.
12	A) Deficiency diseases	Refer to chapter concepts on Nutrients and Health.
13	C) Proteins and Carbohydrates	Refer to chapter concepts on Nutrients and Health.
14	B) Anaemia	Refer to chapter concepts on Nutrients and Health.
15	B) Weak teeth losing shine and fragile bones	Refer to chapter concepts on Nutrients and Health.
16	C) Goitre	Refer to chapter concepts on Nutrients and Health.
17	D) Iodine	Refer to chapter concepts on Nutrients and Health.
18	A) Vitamin A	Refer to chapter concepts on Nutrients and Health.
19	B) Scurvy	Refer to chapter concepts on Nutrients and Health.
20	D) Vitamin D	Refer to chapter concepts on Nutrients and Health.

Part 2: Fill in the Blanks Solutions

Blank No.	Correct Word(s)
1	food
2	Fat / fats
3	Eat more
4	energy
5	warmth
6	functioning
7	diseases
8	communicable
9	3

10	Haemoglobin
11	Iron
12	tired
13	fragile
14	glands
15	Goitre
16	Thiamin
17	B1
18	Beri-Beri
19	communicable
20	fungi