

St. Andrews Scots Sr. Sec. School

9th , Avenue, I.P Extension , Patparganj, Delhi-92

Session: 2026 –2027

SUBJECT- SCIENCE

Class: V Topic: Food and Health Lesson No: 5

- **Reading of the chapter**
- **Explanation (will be done in class)**

Book Exercises

Checkpoint 1

1. Potato, Rice
2. Fruits, Vegetables
3. Vitamin A, Vitamin D
4. Vitamin B, Vitamin C
5. Whole grains, Green vegetables

Checkpoint 2

1. False
2. False
3. True
4. True

A. Fill in the blanks

1. Glucose
2. Proteins
3. Twice
4. Vitamin K
5. Iron

B. True / False

1. False
2. True
3. False

4. False
5. True

C. Multiple Choice

1. Roughage ☒
2. Potato ☒
3. Gooseberry ☒
4. Milk ☒
5. Sweat ☒

Learn Defines from page no.58

Notebook work

Write any 10 New words

D. Answer the following questions.

1.What are nutrients? Name different nutrients.

Ans. Nutrients are the substances, found in food, which keep our body healthy.

They are carbohydrates, fats, proteins, vitamins and minerals.

2.How are carbohydrates and fats useful to us?

Ans. Carbohydrates and fats provide energy to our body to do work.

3.Proteins need to be present in the food we eat. Why?

Ans. Proteins help the body to grow, build new cells and tissues, and to repair them when damaged.

4.What is a balanced diet?

Ans. A diet which contains all the nutrients in right amount is called a balanced diet.

5.Why should we drink 6–8 glasses of water every day?

Ans. We should drink 6–8 glasses of water every day to enable the body to carry out all the functions properly.

6.Why is exercise important for us?

Ans. Exercise is important to maintain a healthy body. It keeps us energetic and active.

7.How are vitamins classified? How are they useful to us?

Ans. Vitamins are classified as fat-soluble vitamins such as vitamins A, D, E and K and water-soluble vitamins such as vitamins B and C.

Vitamins help us to fight and protect ourselves from diseases. They help in keeping our bones, teeth, gums and eyes healthy.

8.What is the importance of roughage in our diet?

Ans. Roughage is an essential part of our diet because it helps in bowel movement and prevents constipation.

Give reasons(Think Zone)

1.Ramu, a labourer, eats eight chapatis for dinner while Radhu, a clerk, eats only two

Ans. Ramu does more physical work so he needs more carbohydrates in his diet to get more energy

3.Peter goes to sleep at ten at night and gets up at five in the morning.

Ans. Proper rest and sleep are important for a healthy body because during sleep, our body repairs its wear and tear.

Dictation

Any 10 words

Activity

Draw or paste Table given on page no. 55