

Pt. Yad Ram Sec. Public School

Class-5th

Subject - Science

Ch-6 Deficiency Diseases

Worksheet-6

I.Fill in the blanks:

- 1.Deficiency of iron causes _____.
- 2._____ protects our body from diseases.
- 3.Food items rich in _____ helps the body to grow and repair.

II. State whether the following statements are true or false.

- 1.Amla is the food source of vitamin C. ()
- 2.Fats provide a lots of energy.()
- 3.Sunlight is the natural source of vitamin D. ()
- 4.Lack of iron causes goiter.()

III.Answer the following questions:

- 1.What is a balanced diet?
- 2.What are nutrients? Give three examples.
- 3.Name the food items rich in protein.
- 4.Write three good food practices.
- 5.What causes anaemia? How is it cured?