

Doon Public School, Bhuj

Worksheet

Class V Science

Chapter 2 – Food Health and Diseases

Choose the correct option.

1. Malnutrition can be cured by eating
 - a) fruits and vegetables
 - b) junk food
 - c) a balanced diet
2. _____ is needed by the body to make blood?
 - a) iron
 - b) sugar
 - c) fibre
3. Which of the following is a deficiency disease?
 - a) Malaria
 - b) Typhoid
 - c) Anaemia
4. _____ keeps us fit and help our body fight against diseases
 - a) vitamins
 - b) proteins
 - c) fats
5. Scurvy is caused by the deficiency of
 - a) Vitamin B
 - b) Vitamin C
 - c) Vitamin A
6. Which of the following gives more energy than carbohydrates?
 - a) Fats
 - b) Proteins
 - c) Minerals
7. Vitamin ____ is required for the proper growth of bones
 - a) Vitamin A
 - b) Vitamin D
 - c) Vitamin C
8. Diseases which do not spread from one person to another person are called _____ diseases.
 - a) infectious
 - b) communicable
 - c) noncommunicable
9. Lack of iron in the blood causes
 - a) Rickets
 - b) Anaemia
 - c) Scurvy
10. Diabetes is a _____ disease
 - a) non communicable
 - b) communicable
 - c) infectious
11. Goitre is caused by the lack of _____ in our body
 - a) iron
 - b) iodine
 - c) calcium
12. Mosquitoes which spread dengue are

ANSWER KEY

1. c

2. a

3. c

4. a

5. b

6. a

7. b

8. c

9. b

10. a

11. b

12. b

13. a

14. b

15. b

16. a

17. a

18. b

19. c

20. b