



INDIAN SCHOOL MUSCAT
DEPARTMENT OF SCIENCE

SUBJECT: SCIENCE	Revision Worksheet No: 6
TOPIC : Food and Health	STD : V
Coordinating Staff: Mrs.Preethi Vinu	
Date of Issue: 6-8-2017	

Name of the student: _____ Class ___ Sec: _____ Roll No: _____

Q.1. Complete the following table:

Nutrient	sources	Function
Carbohydrate		
Protein		
Fat		
Vitamins, minerals		
Water		
Roughage		

2. List two ways of losing nutrients from the food.

3. Give some means of food preservation.

4. Prevention is better than cure. Mention two ways of preventing infectious diseases.

4. Complete the table.

Mode of infection	Diseases
Through infected food and Water
.....	Ring worm, chicken pox, measles, Common cold
Through the air
Through insects
.....	tetanus

5. What are deficiency diseases?

6. Identify the following:

a. Sara is looking very weak and pale. She is suffering from

b. Prasad is not able to see properly in the dark. He needs to include vitamin _____ in his diet.

c. Identify these diseases.



a. _____ b. _____

7. What is scurvy? What are its symptoms?
