

Assignment
Std. 5.
Science. Ch.3 (Food And Health)

Answer the following questions:

Q1. what is a balanced diet ?

Ans. A balanced diet is one that has right amount of all the components of food that the body needs to be healthy.

Q2. why is it good to include roughage in our meals?

Ans. It is good to include roughage in our meals because it prevents constipation and is good for general Health.

Q3. what roles do proteins have in the body? (mention three)

Ans. Proteins have the following roles in the body:

- i.** blood has many proteins one of them is called haemoglobin which carries oxygen around the body.
- ii.** some proteins called antibodies help the body fight against germs.

iii. hair nails skin and muscles are made up largely of proteins.

Q4.why are carbohydrates considered our main source of energy though fats can produce much more energy ?

Ans. carbohydrates are considered our main source of energy because the body can get energy from carbohydrates easily ,getting energy from fats means more work and hence more time besides fats have other jobs to do .
