



ST.LAWRENCE HIGH SCHOOL



JESUIT MINORITY INSTITUTION

CLASS 5

WORKSHEET NO. :06

SUB: GENERAL SCIENCE

F.M. 15

TOPIC: BALANCED DIET, KEEP FIT, ENOUGH REST

DATE: 01.02.2021

A. CHOOSE THE CORRECT OPTION:

15x1=15

1. A _____ has the right amount of all the nutrients.
a) **Balanced diet** b) carbohydrate c) protein
2. _____ give us energy to work and to play.
a) Minerals b) **Carbohydrates** c) Fats
3. _____ helps to grow.
a) **Protein** b) Minerals c) Vitamins
4. _____ give more energy than carbohydrates.
a) Fats b) Roughage c) **Fats**
5. _____ keep our body fit, improve appetite and increase the body's ability to fight diseases.
a) **Vitamins** b) Iron c) Calcium
6. _____ help in the growth and development of the body.
a) Protein b) Fertilizers c) **Minerals**
7. Roughage in certain vegetables and fruits help the body to get rid of _____ food.
a) Zinc b) digested c) **undigested**
8. Food must be cooked with care so that its _____ value is not lost.
a) **nutritional** b) copper c) ferric
9. Muscle become weak and _____ if they are not used for a long time.
a) loose b) **flabby** c) strong

10. Regular exercise helps to develop and _____ up our muscles.
a)boost b) shine c)**tone**
11. The _____ beats at a faster rate during exercise and blood circulates faster.
a) Lungs b) **heart** c)Stomach
12. Exercise helps the _____ system by supplying more oxygen to the brain.
a)muscular b)digestive c)**nervous**
13. _____ is the position in which we hold our body when we sit, stand or move.
a)Standing b) Lying down c) **Posture**
14. Proper _____ and regular hours of sleep relax our muscles.
a) **rest** b)food c)nutrients
15. Sleep helps the body to grow and to _____ the body cells.
a) dilute b) **repair** c) treat

Ms. Beline Jermy Peter