



# 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

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**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**