**STD 5 Science**

**Chapter 3**

**1. Learn the following definitions:-**

a) Nutrients

b) Nutrition,

c) Balanced diet

d) Food adulteration

e) Junk food

f) Sprouting,

g) Fermentation

**2. Give the function of the following** :-

a) Carbohydrates

b) Fats

c) Proteins

d) Vitamins

e) Minerals and

f) Roughage

**3. Name the fat soluble vitamins and water soluble vitamins.**

**4.Give 2 symptoms of kwashiorkor and 2 symptoms of marasmus.**

**5.Name the diseases caused due to lack of vitamin A, vitamin B, vitamin C, vitamin D.**

**Do the above questions in Science HW Copy.**