**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.**