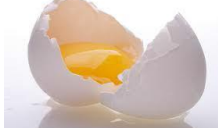


**WEEKEND WORKSHEET- III****SCIENCE**

|         |   |           |  |            |  |
|---------|---|-----------|--|------------|--|
| Class ▶ | V | Section ▶ |  | Date ▶     |  |
| Name ▶  |   |           |  | Roll No. ▶ |  |

Our body requires all nutrients in small quantities. But if diet is deficient in any of the nutrients, it leads to deficiency diseases.

Complete the table given here. Write at least two more sources for each nutrient.

| Nutrients | Importance in our body | Deficiency / Disease | Source                                                                                |
|-----------|------------------------|----------------------|---------------------------------------------------------------------------------------|
| Vitamin C |                        |                      |   |
| Vitamin A |                        |                      |  |
| Iron      |                        |                      |  |
| Iodine    |                        |                      |  |
| Vitamin D |                        |                      |  |
| Calcium   |                        |                      |  |
| Vitamin B |                        |                      |  |

Tell me why?

Children need to have more proteins in their diet whereas a labourer needs to have more carbohydrates.

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