

## WEEKEND WORKSHEET- III




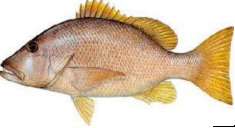



### SCIENCE

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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