

# **WELCOME TO THE ONLINE CLASS**

**SESSION NO.: 4**

**CLASS: 5**

**SUBJECT: SCIENCE**

**CHAPTER NUMBER: 2**

**CHAPTER NAME: FOOD AND HEALTH**

**SUB TOPIC: ROUGHAGE, WATER, KEEP FIT, ENOUGH REST**

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**CHANGING YOUR TOMORROW**

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# LEARNING OBJECTIVE

To enable the learner to:

- know the importance of roughage and water in a balanced diet.
- understand the importance of exercise and rest in our life.

# WARM UP

- Name the nutrient that protect our body from diseases.
- Give some examples of food rich in proteins.
- Who need to eat more proteins- a child or an old women?
- Food items rich in fats.

# ROUGHAGE

- Roughage is a plant product which is not digested in human body.
- It help us to get rid of undigested food by adding bulk to it.
- Fruits, vegetable, semolina, etc. are the sources of roughage.



# WATER

- It is essential for our body to function properly.
- Three -fourth of our body weight is water.
- It helps to digest the food we eat and also helps in eliminating wastes from our body.



# KEEP FIT

- Muscles become weak and flabby if they are not used for a long time.
- Regular exercise helps to develop and tone upper muscles.
- During exercise there is found in and out of the lungs at a faster rate. Thus, more oxygen is taken in and more carbon dioxide and water vapour are given out.
- The heart also beat at a faster rate during exercise and blood circulates faster.
- Exercise helps the nervous system by supplying more oxygen to the brain.
- Outdoor games keep our body fit.



# POSTURE

- Posture is the position in which we hold our body when we sit, stand or move.
- We must sit and stand straight.
- We must walk upright.
- Correct posture gives us a graceful appearance to our body
- It improves the flexibility of a joints.



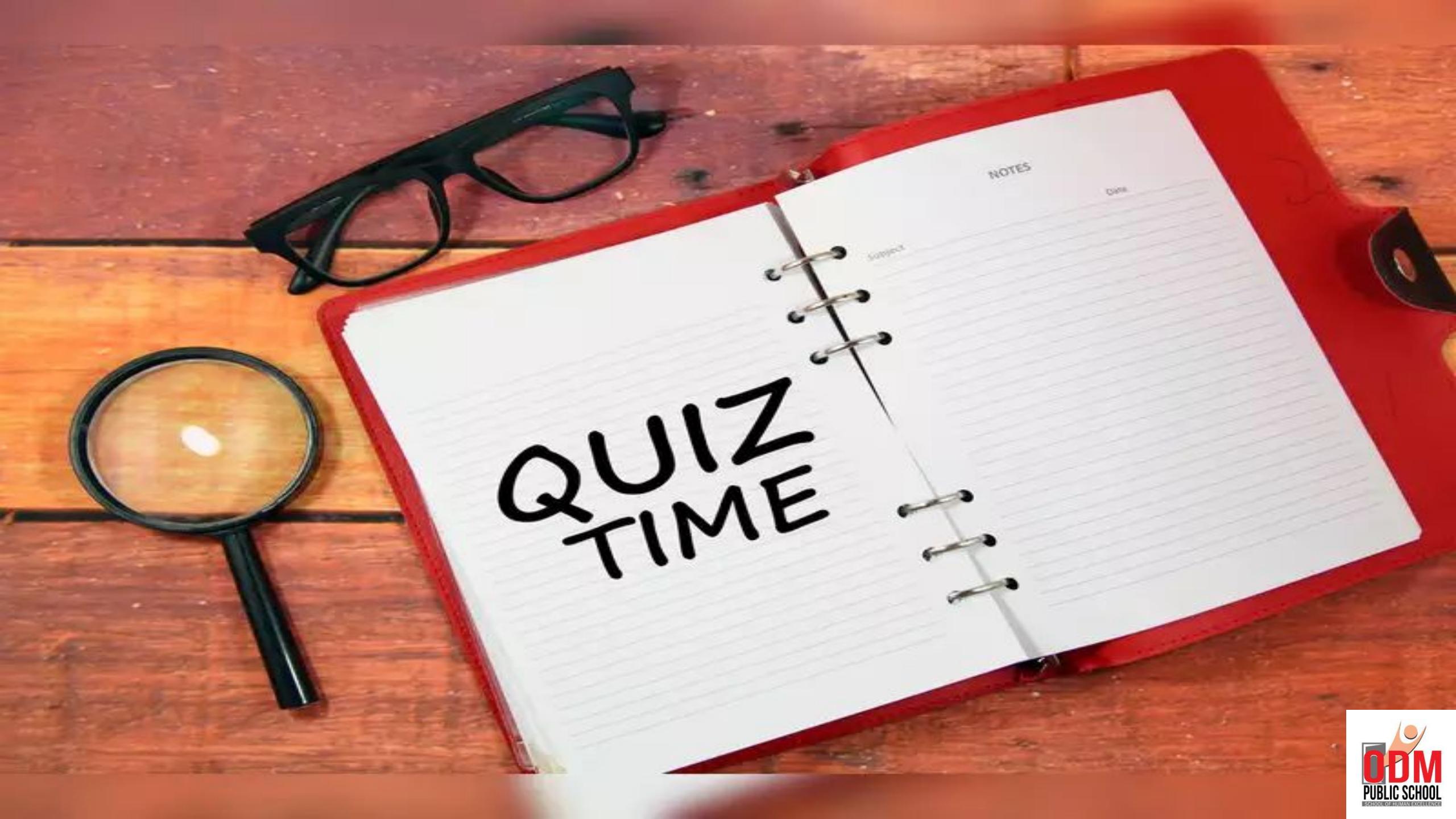
# ENOUGH REST

- Proper rest and regular hours of sleep relax our muscles and give our body the much-needed rest.
- We feel fresh and ready to work again if we get enough rest.
- We even work more efficiently.
- Sleep also gives time to the body for the growth and repair of body cells.



# **SUMMARY**

- **Roughage is not digested in our body.**
- **Water helps us in getting rid of waste and also helps in digesting them.**
- **Exercise helps our body to remain fit and healthy.**
- **Posture is the position in which we hold our body when we sit, stand or move.**
- **Sleep helps our body to grow and repair the body cells.**
- **Sleep also help us work more efficiently.**



QUIZ  
TIME

**1. The position in which we hold our body when we sit, stand or move.**

**ANS: Posture**

2. \_\_\_\_\_ helps the nervous system by supplying more oxygen to the brain.

**ANS: Exercise**

3. \_\_\_\_\_ is not digested in the human body.

**ANS: Roughage**

# HOMEWORK

- **Roughage is not digested by human body but still it is essential for us. Justify the statement.**

# LEARNING OUTCOME

**The learner will be able to**

- **know the importance of roughage and water in a balanced diet.**
- **understand the importance of exercise and rest in our life.**

**THANKING YOU  
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