

Chapter- 2

# Food and Health

## WORKSHEET

**I. Choose the correct answer.**

1. Fresh food and vegetables are a rich source of \_\_\_\_\_.
  - a. Carbohydrates
  - b. Fats
  - c. Proteins
  - d. Vitamins
  
2. \_\_\_\_\_ is a non-communicable disease.
  - a. Typhoid
  - b. Cold
  - c. Asthma
  - d. Measles
  
3. Tetanus spread through \_\_\_\_\_.
  - a. Infected food and water
  - b. Insects
  - c. the air
  - d. damaged skin
  
4. \_\_\_\_\_ deficiency can cause scurvy.
  - a. Vitamin C
  - b. Iodine
  - c. Vitamin A
  - d. Iron
  
5. \_\_\_\_\_ is not found in milk.
  - a. Calcium
  - b. Vitamin C
  - c. Vitamin B
  - d. Vitamin A

**II. Fill in the blanks.**

1. \_\_\_\_\_ a protein in red blood cells that carries oxygen from the lungs to the tissues.
2. Diseases that spread from one person to another person is called \_\_\_\_\_ disease.
3. The position in which we hold our body when we sit, stand or move is known as \_\_\_\_\_.
4. \_\_\_\_\_ help in the growth and development of the body.
5. \_\_\_\_\_ is heating milk at a high temperature and quickly cooling it to kill harmful germs.

**III. Write true or false for the following statements.**

1. Roughage can be digested. \_\_\_\_\_
2. Overcooking destroys several nutrients. \_\_\_\_\_
3. Measles is spread by eating infected food. \_\_\_\_\_
4. Antiseptics should be used to clean wounds, cuts and insect bites. \_\_\_\_\_
5. Exercise makes our internal organs stronger. \_\_\_\_\_

**IV. Give answer in one word.**

1. The act of injecting vaccine to protect against the disease. \_\_\_\_\_
2. To get rid of something completely. \_\_\_\_\_
3. An abnormal condition in which the body is not able to function properly. \_\_\_\_\_
4. Microorganism that causes diseases like malaria and dysentery. \_\_\_\_\_
5. A diet that contains right amount of all the nutrients including water and roughage. \_\_\_\_\_