

20/10/2021

1. Tick (✓) the correct answer.

1. To stay healthy our body needs.

- (a) a ~~well~~ balanced diet
- (b) books
- (c) bread
- (d) only milk

2. Which of the following is a non communicable disease

- (a) Chickenpox
- (b) beriberi
- (c) common cold
- (d) measles

3. The dandy is caused by a virus.

- (a) typhoid
- (b) malaria
- (c) meningitis
- (d) chickenpox

4. The spread of communicable disease can be prevented by

- (a) spitting
- (b) coughing
- (c) Keeping clean
- (d) having medicine

5. ~~Vaccination~~ Vaccination can protect us against <sup>or</sup> <sub>fr</sub> diseases like polio, measles and

- (a) AIDS
- (b) malaria
- (c) mumps
- (d) tetanus

B Complete the table

Carbohydrate - Rice, Potato, Sugar, bread

Protein - Fish, Egg, Mung, Pulse

Vitamin a - Carrot, Radish, Butter, MILK

Vitamin c - Cabbage, Lemon, Orange, Amla

Iron - ~~Apple~~ Apple, banana, spinach, date

C. Match the columns

NUTRIENT	DEFICIENCY DISEASE	SYMPTOMS of DISEASE
VITAMIN A	Cretin	bones become soft
VITAMIN B <sub>1</sub>	night blindness	a gland in the neck region swells
VITAMIN C	rickets	patient can't see in dim light
VITAMIN D	Scurvy	affects the nervous system
Iodine	beriberi	bleeding gums

VITAMIN A

Cretin

bones become soft

VITAMIN B<sub>1</sub>

night blindness

a gland in the neck region swells

VITAMIN C

rickets

patient can't see in dim light

VITAMIN D

Scurvy

affects the nervous system

Iodine

beriberi

bleeding gums



D Fill in the blanks

1. Our body needs production from diseases  
balanced diet, regular exercise and rest to keep fit.
2. Our food should have enough roughage to get rid of undigested food.
3. We must play outdoors games to keep our body fit.
4. Plague and ~~theft~~ Thyphoid are caused by bacteria.
5. AIDS is a virus that attacks the immune system of the patient and leads to death.