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Let us answer

A. Tick (✓) the correct answer.

1. To stay healthy our body needs
 a. a 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. This disease is caused by a virus.
 a. typhoid b. malaria c. meningitis d. chickenpox

4. The spread of communicable diseases can be prevented by
 a. spitting b. coughing c. keeping clean
 d. having medicines

5. Vaccination can protect against diseases like polio, measles and
 a. AIDS b. malaria c. mumps d. fever.

B. Complete the table.

Nutrient	Found in			
Carbohydrate	Cereals	Sweet potato	Sugarcane	Banana
Protein	Pulses	Milk	Eggs	Meat
Vitamin A	Green leafy vegetables	Mango	Papaya	Tomato
Vitamin C	Citrus fruits	Amla	Tomato	Green leafy vegetables
Iron	Dates	Apples	Spinach	Meat

G. Match the columns.

NUTRIENT	DEFICIENCY DISEASE	SYMPTOMS OF DISEASE
1. Vitamin A	→ Goitre	→ bones become soft
2. Vitamin B1	→ Night blindness	→ a gland in the neck region ^{swells up}
3. Vitamin C	→ Rickets	→ patient can't see in dim light
4. Vitamin D	→ Scurvy	→ affects the nervous system
5. Iodine	→ Beri beri	→ bleeding gums

D. Fill in the blanks.

- Our body needs a balanced diet, protection from diseases, regular exercise and enough rest to keep fit.
- Our food should have enough roughage to get

rid of undigested food.

3. We must play outdoor games to keep our body fit.
4. Plague and typhoid are caused by bacteria.
5. HIV is a virus that attacks the immune system of the patient and leads to death.