

HW
12.05.21

A. Tick the correct answer.

1. ~~Which~~ 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. Chicken pox
- b. Benign ~~tumor~~
- c. Common cold
- d. measles

3. This disease ~~is~~ is caused by a virus.

- a. typhoid
- b. Malaria
- c. Meningitis
- d. chicken pox

4. The spread of communicable diseases can be prevented by

a. Spitting

b. Coughing

c. keeping ~~to~~ clean

d. having medicines

5. Vaccination can protect against diseases

like polio, measles and

a. AIDS

b. Malaria

c. Mumps

d. Fever

Q. 2. B.

Nutrient

Found in

Carbohydrate

Protein

Vitamin A

Vitamin C

Iron

C.

Nutrient

Deficiency disease

Symptoms

Vitamin A

Goiter

bones become soft

Vitamin B1

Night blindness

gland in the neck
region swells up

Vitamin C

~~Deficient~~ scurvy

Patient cannot see in dark

Vitamin D

Scurvy

Affects the nervous system

Iodine

Benai Beni

bleeding gums

1. Our body needs _____, protection

from diseases, regular exercise and

to keep fit.

2. Our food must have enough _____ to

get rid of undigested food

3. We must play _____ games to keep

fit.

4. _____ and _____ are caused by bacteria.

5. _____ is a virus that attacks immune system of the patient and leads to death.