

A. Tick (✓) the correct answer

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

Chicken pox

The spread of communicable diseases like polio can be prevented by.

- a) spitting
- b. coughing
- c. keeping clean
- d. having medicines

vaccination can protect against diseases like polio, measles and

AIDS, malaria, mumps

fever

carbohydrate	cereals	Sweet Potato	Sugar	Banana
protein	Pulses	Milk	Eggs	Meat
vitamin A	Green leafy vegetable	Mango	Papaya	Tomato
Vitamin C	Citrus fruits	Amla	Tomato	Green vegetable
Iron	Dates	Apples	Spinach	Meat

C. Match the columns.

NUTRIENT	DEFICIENCY	SYMPTOMS OF DISEASE
1) Vitamin A	goiter	bones become soft
2) Vitamin B1	night blindness	thyroid gland in the neck region swells up
3) Vitamin C	rickets	patient cannot see in dim light
4) Vitamin D	scurvy	affects the nervous system
5) Iodine	beriberi	bleeding gums.

D. Fill in the blanks.

1. our body needs A balance diet for protection from diseases, regular exercise and enough rest to keep fit.

2) our food should have enough roughage of fibers to get rid of undigested food.

3) We most 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.