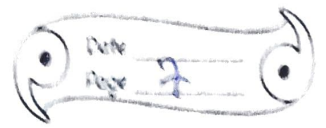


H:W  
25.6.21



## Food And Health

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) measles

(c) beriberi ✓

(d) common cold

3. This disease is caused by a virus

(a) Typhoid

(b) malaria

(c) meningitis

(d) Chickenpox ✓

4. The spread of diseases can be prevented by

(a) spitting

(b) coughing

(c) Keeping clean ✓

(d) having medicines

5. Vaccination protects us from diseases like polio,  
measles and

(a) AIDS      (b) malaria ✓      (c) Measles & Polio

B. Complete the table.

Nutrient

Carbohydrate - Sweet potato almonds Banana potato

Protein Chicken Meat Fish egg

Vitamin A Butter egg yolk Milk papaya

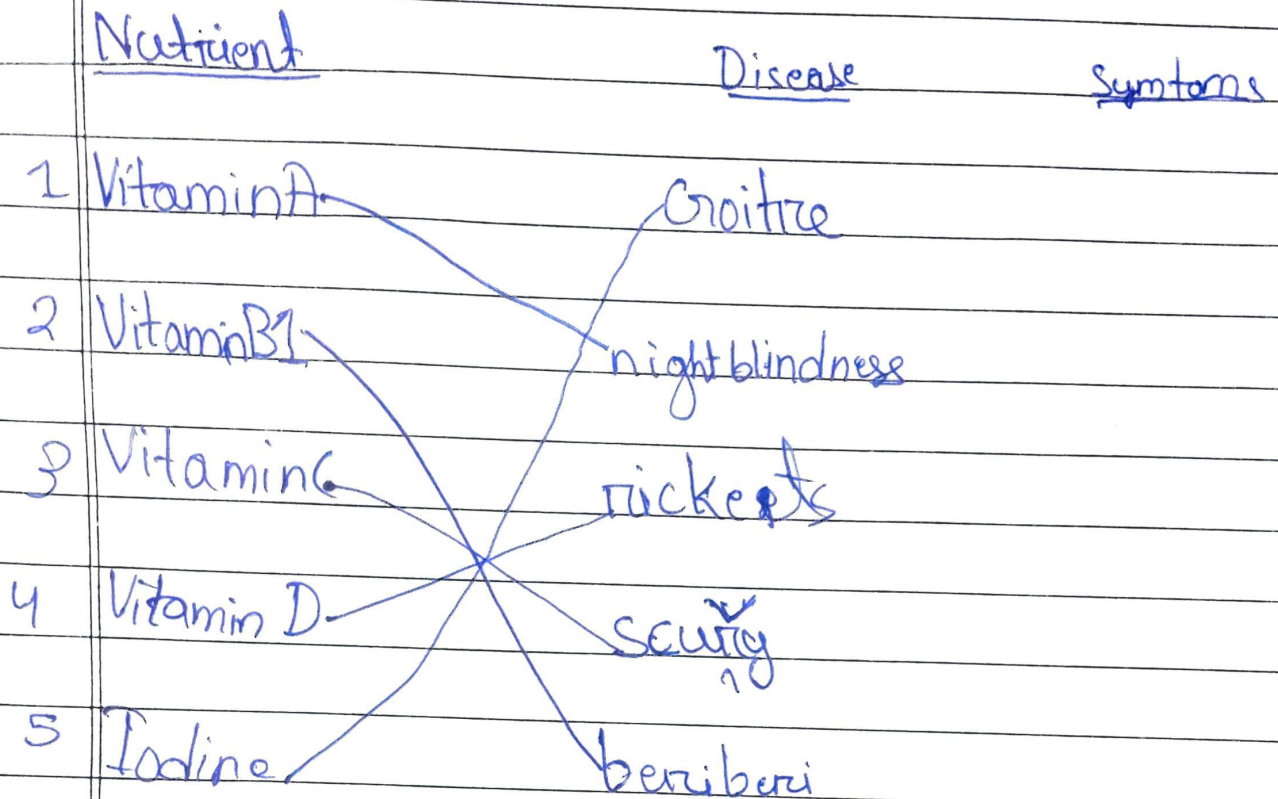
Vitamin C Tomato Amla citrus fruits milk

Iron apples jaggery spinach brain

C. Finish the columns

Nutrient

C. Match the ~~B~~ columns



D. Fill in the blanks.

1. Our body needs balanced diet, protection, regular exercise and yoga to keep fit.

2. Our food should have enough fiber to get rid of undigested food.

3. We must play outdoor games to our body fit.

4. Typhoid and plague are caused by bacteria.

5. H.I.V is a virus which attacks to the patient's immune system.

E Write short answers.

1. What is a deficiency disease?

Ans. The disease caused by the lack of ~~the~~ a nutrient in the food.

2. Name a disease caused by the lack of iron in food.

Ans. ~~Crohn's~~ is a disease caused by the <sup>lack</sup> ~~lack~~ of iron in

Ans. Anemia is a disease caused by the lack of iron in food.

3. What is a communicable disease?

Ans - The disease that spreads from one person to another is known as ~~it~~ through direct contact is called a communicable disease.

4. Which diseases are caused by eating contaminated food?

Ans - Diseases like cholera, jaundice, diarrhoea and polio are caused by eating contaminated food.

5. Name three diseases for which you have been vaccinated.

Ans. Polio, measles and hepatitis are some diseases for which we have been vaccinated.