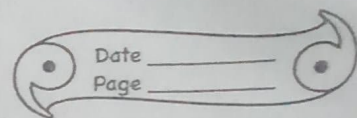


H.W
26.6.21



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) The 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	Pulses	Sugar	Bread
Protein	Milk	pulses	Meat	Eggs
Vitamin A	Mango	tomato	Papaya	fish
Vitamin C	Amla	tomato	Vegetables	potato
Iron	Apples	guavas	bananas	Meat

C. Match the columns.

<u>NUTRIENT</u>	<u>DEFICIENCY DISEASE</u>	<u>SYMPTOMS OF DISEASE</u>
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 cannot see in dim light
4) Vitamin D	scorbuty	affect the nervous system
5) Iodine	beriberi	bleeding gums

D. Fill in the blanks

1) Our body needs a balanced diet, protection from diseases, regular exercise and enough rest to keep ~~it~~ fit.

2) 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.