

Fully recovered.

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. Chicken pox    b. beriberi    c. common

cold    d. measles.

3. This disease 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 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

Carbohydrate . Bread Potato Bananas

Protein Fish , Chicken , Eggs Milk

Vitamin A Bananas, Cauliflower, ~~Cucum~~<sup>ber</sup> Spouts

Vitamin C Orange , Apple , Lemon, Pine-  
Pul

Iron Apple , Bananas , Orange  
Pine Pul

C. Match the columns.

### Nutrient

- |    |            |                 |                                  |
|----|------------|-----------------|----------------------------------|
| 1. | Vitamin A  | night blindness | patient cannot see in dim light. |
| 2. | Vitamin B1 | beriberi        | affects the nervous system       |
| 3. | Vitamin C  | Scurvy          | bleeding gums                    |
| 4. | Vitamin D  | rickets         | bones become soft                |

Toxine agitres a d'ard in the neck  
regions <sup>up</sup> <sub>down</sub>

D. Fill in the blanks.

1. Our body needs <sup>balanced diet.</sup> energy,  
protection from diseases, regular  
exercise and Yoga + keep fit.

2. Our food should have enough  
proteins to get rid of wrinkles -  
fed food

3. we must play outdoor games  
to keep our body fit.

4. Typhoid and <sup>pneumonia.</sup> ~~Adeno~~ are caused  
by bacteria.

Q.1. Coronovirus is a virus that attacks

the immune system of the

patient and leads to death.