

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, Carrots, Spinach

Vitamin C Orange, Apple, Lemon, Pineapple

Iron Apple, Bananas, Orange, Pineapple

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 |

Iodine goitre a gland in the neck
region swells
up

D. Fill in the blanks.

1. Our body needs ^{balanced diet.} energy, protection from diseases, regular exercise and Yoga + keep 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. Typhoid and ^{pneumonia.} Measles are caused by bacteria.

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