

A. Tick (✓) the correct answers.

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. 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~~ ^{having} medicines

5. Vaccination can protect against diseases like polio, measles and
a. AIDS b. malaria c. mumps.
d. fever.

B. COMPLETE THE TABLE.

Complete table

Nutrient

Food In

Carbohydrate → Bread, Banana, oats, almonds.

Protein → Chicken, Fish,

Egg, Milk.

Vitamin A → Banana, Orange,

Apple, Pineapple.

Vitamin C → Cucumber, Brinjal,

Carrot, Watermelon.

Iron → Apple, Spinach,

White Mushroom, Red Meat.

C: Match the columns.

Nutrient

10 Vitamin A night blindness patient cannot see in

25 Vitamin B1 beriberi affects the nervous system

30 Vitamin C Scurvy. Affects the immune system

40 Vitamin D rickets bones become soft

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

7. Defence between organisms