

C.W
22.6.21

Let us answer

(A) Pick (✓) 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) Chicken fox
- 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) fevers

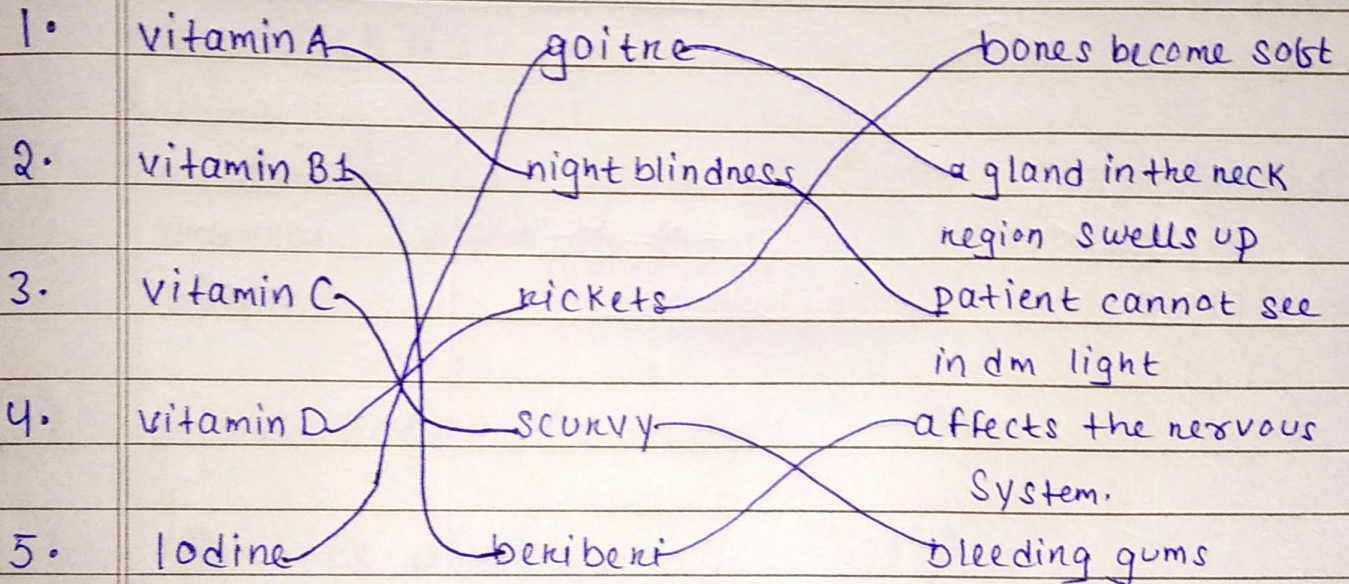
(B) Complete the table:

Nutrient	found in
a) carbohydrate	<u>Potato</u> , <u>Rice</u> <u>Bread</u> , <u>Banana</u>
b) protein	<u>Fish</u> , <u>Meat</u> <u>Milk</u> , <u>egg</u>
c) vitamin A	<u>Papaya</u> , <u>Mango</u> <u>Butter</u> , <u>Milk</u>

d)	vitamin C	Lemon Amla	Tomato Green leaf
e)	Iron	Date Apples	Meat liver

© Match the columns :

Nutrient	Deficiency Disease	Symptoms of Disease
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① Fill in the blanks :-

1. Our body needs balanced diet protection from diseases, regular exercise and enough rest to keep fit.
2. Our food should have enough Fibre to get rid of undigested food.
3. We must play Outside games to keep our body fit.
4. Typhoid and Plague are caused by bacteria.
5. HIV is a virus that attacks the immune system of the patient and leads to death.