

A. Tick (✓) the correct answer.

1) To stay healthy our body needs

✓ 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. chickenpox

4) The spread of communicable diseases can be prevented by

a. spitting b. coughing ✓ c. keeping clean d. having medicines.

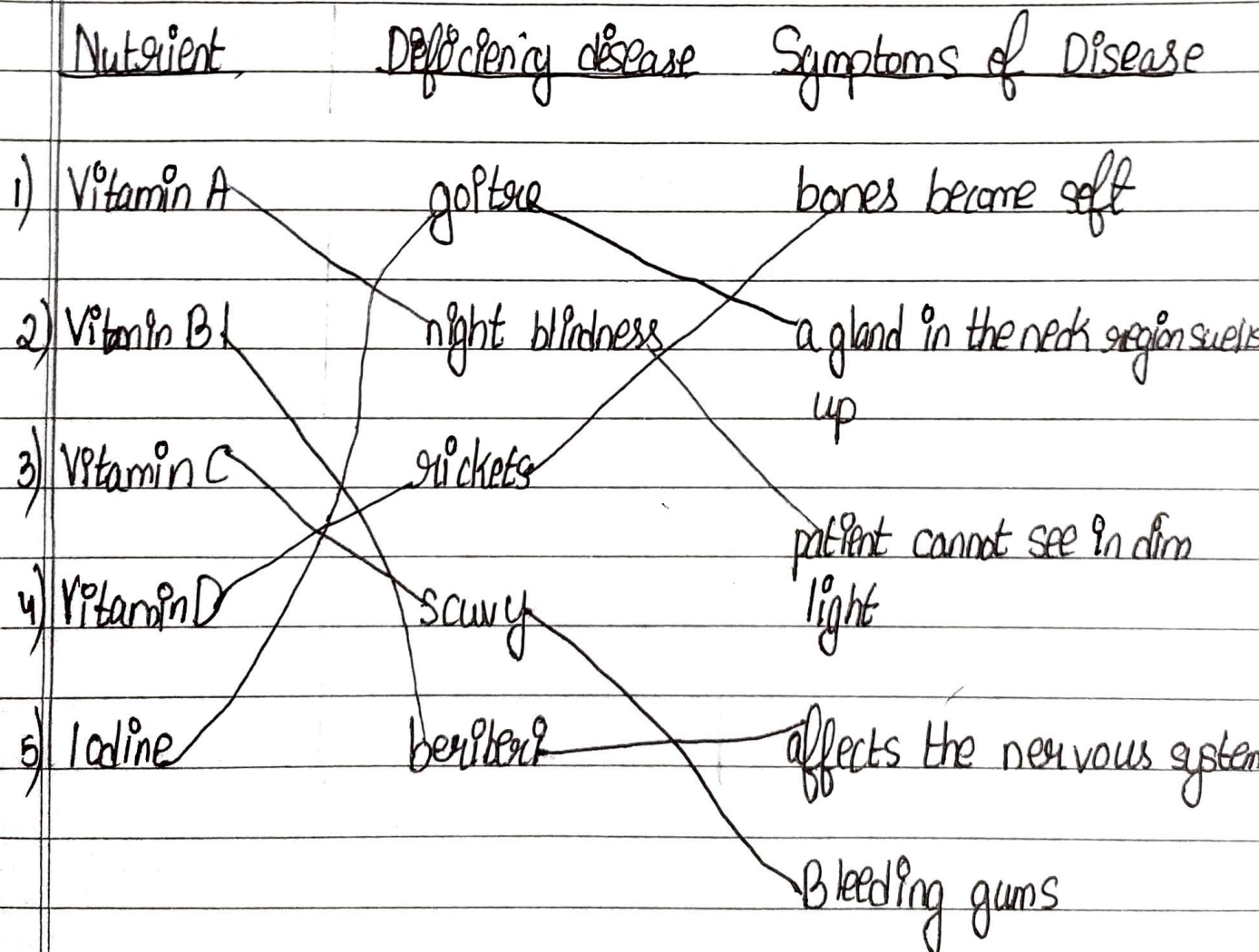
5) Vaccination can protect against diseases like polio, measles and

a. AIDS. d. Malaria. ✓ c. mumps. d. fever.

B. Complete the table

NUTRIENT	FOUND IN		
Carbohydrate	Cereals	Sweet potato	Sugar
Protein	Pulses	Eggs	milk
Vitamin A	Mango	Papaya	Tomato
Vitamin C	Amla	Tomato	Citrus Fruits
Iron	Dates	Meat	Apples

C. Match the columns.



D. Fill in the blanks.

- 1) Our body needs a balanced diet, protection from diseases, regular exercise and enough sleep to keep fit.
- 2) Our food should have enough roughage or fibre 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.