

Let us answer

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. 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 b. malaria c. mumps d. fever

b) Complete the table

NUTRIENT	FOUND IN			
	Carbohydrate	banana	potato	bread
Protein	meat	fish	milk	egg
Vitamin-A	carrot	tomato	butter	cheese
Vitamin-C	orange	cabbage	potato	almond
Iron	jaggery	spinach	apples	dates

c) Match the columns.

NUTRIENT	DEFICIENCY DISEASE	SOD
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Vitamin A	goitre	bones become soft
Vitamin B1	night blindness	a gland in neck
Vitamin C	scurvy	patient cannot see in dark
Vitamin D	beriberi	affects the nervous system
Iodine	beriberi	bleeding gums

d) Fill in the blanks.

1. Our body needs a balanced diet, protection from diseases, regular exercise and enough rest 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.

E. Write the short answers.

1) What is a deficiency disease?

Ans) A disease caused due to the lack of particular minerals or vitamins in the body is called ~~a~~ deficiency disease.

2) Name a disease caused by the lack of iron in food.

Ans) Anaemia is a disease caused by the lack of iron in food.

3) What is a communicable disease?

Ans) A disease that can spread from one person to another person is called a communicable disease.

4) Which diseases are caused by eating contaminated food?

Ans) Typhoid, cholera, diarrhoea, polio and jaundice are caused by eating contaminated food.

5. Name three diseases for which you have been vaccinated.

Ans) Measles, mumps, hepatitis are diseases for which we have been vaccinated.