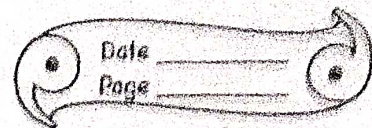


FOOD AND HEALTH



A. Tick (✓) the correct answers.

1. To stay healthy our body needs
a. balanced diet ✓ b. books c. bread d.
only milk.

2. Which of ~~these~~ the following is a
non-communicable diseases?
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 disease
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	
Carbohydrates	Cereals	Bread	Sugar	Sweet Potato
Protein	Pulses	Meat	Fish	Egg
vitamin-A	Carrot	Green Leafy veges	Milk	Butter
vitamin-C	Citrus Fruits	Green Leafy veges	Milk	Tomato
Iron	Dates	Spinach	Pulses	Brinjal

C. Match the columns

	<u>Nutrients</u>	<u>Deficiency Disease</u>	<u>Symptoms of diseases</u>
1.	Vitamin A	- Night blindness	- patient can't see in dim - light
2.	Vitamin B ₁	- Beri Beri	- affects nervous system
3.	Vitamin C	- Scurvy	- bleeding gums
4.	Vitamin D	- Rickets	- Bones become soft
5.	Iodine	- Goitre	- gland in neck swells up

D 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 Roughage 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 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 deficiency diseases.

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

Ans- Anaemia is caused due to the lack of iron.

3. What is a communicable disease?

Ans- A disease that can spread from 1 person to another is called communicable disease.

4. Which diseases are caused by eating contaminated food?

ans- Some diseases like cholera, typhoid, jaundice ~~and~~ are caused by the contaminated food.

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

Ans- The 3 diseases for which we are vaccinated are, cholera, typhoid & meningitis.