

22.6.21
Hw

ch-2 Food and Health

Date _____
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A. Tick (✓) the correct answers.

1. To stay healthy our body needs.

~~Ans a) A B~~

Ans a) A Balanced diet

2) Which of the following is a ~~non-~~ non-communicable disease?

Ans - b) Beriberi

3) ~~This~~ This disease is caused by a virus - d) Chickenpox

4) The spread of communicable diseases can be prevented ~~clean~~ by c. Keeping clean

5) Vaccination can protect against diseases like polio, measles and
Ans - c) Mumps

B) Complete the table

Carbohydrate - potato, Bread, Almot,

Sugar.

protein - Chicken, Fish, Egg, Milk,

Vitamin A - Milk, Carrot, Tomato,

Butter, Cheese.

Vitamin C - Amla, tomato, green-
leafy vegetables, pulses.

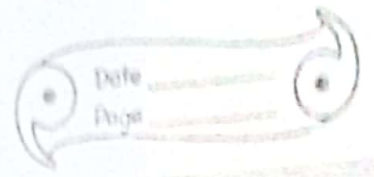
Iron - dates, Apple, banana, guavas,
spinach, ~~brinjol~~,

c) Match the columns.

- 1) Vitamin A - night blindness - patient cannot see in dim light
- 2) Vitamin B1 - beriberi - affects the nervous system
- 3) Vitamin C - Scurvy - bleeding gums
- 4) Vitamin D - Rickets - Bones become soft
- 5) Iodine - Goitre - A gland in the neck region swells up.

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 fiber to get rid of undigested food.
3. We must ~~be~~ play outdoor games to ~~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.