

1/1/22
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Let us answer

1. Tick the correct answer.

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 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 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.

• Carbohydrate - Patatoes , Noodles ,
Bread , Banana

• Protein - Egg , Fish , Chicken ,
Meat.

• Vitamin A - Fish, Egg yolk,
Green leafy vegetables, ~~Papaya~~
Papaya.

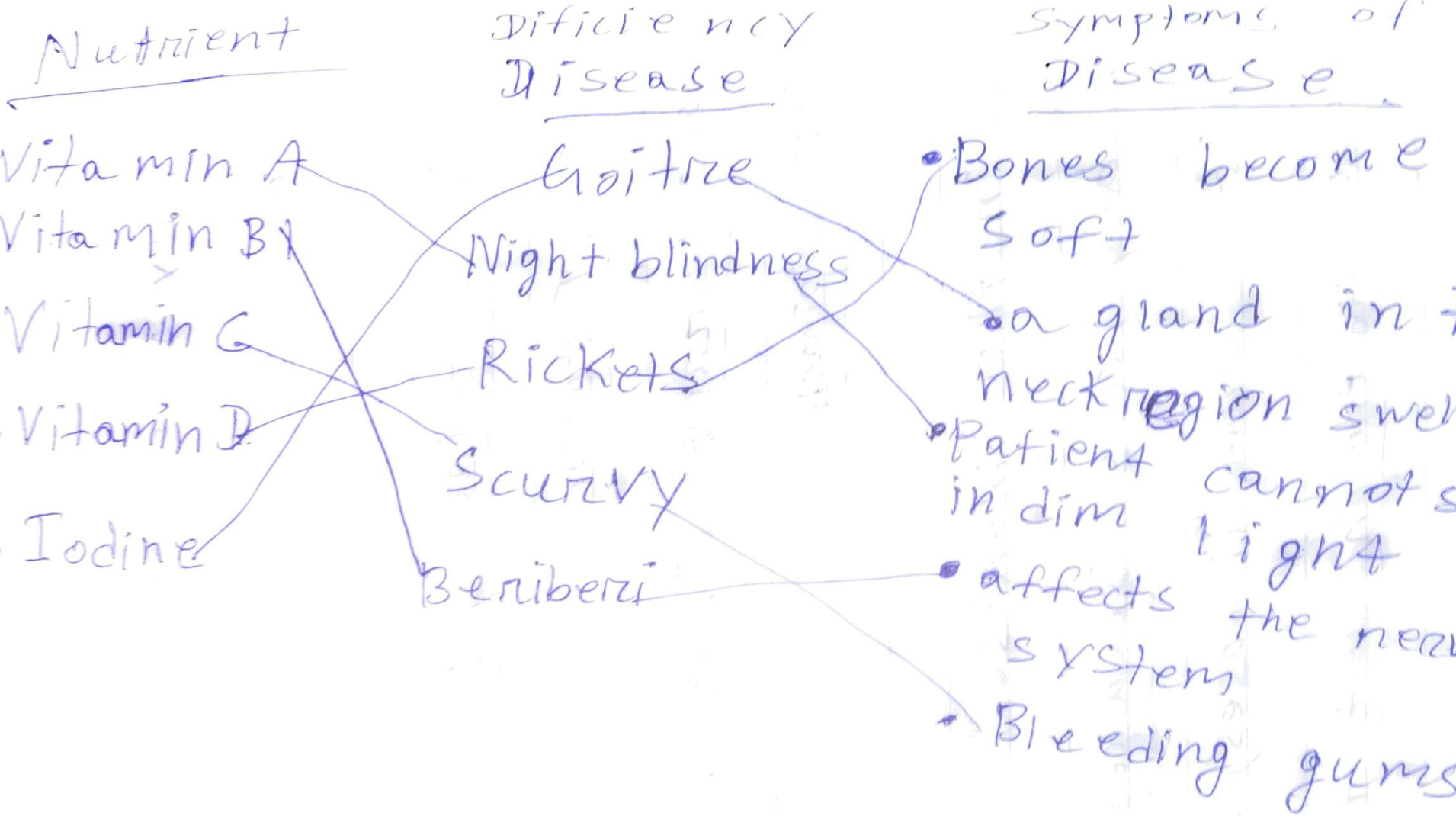
• Vitamin C - Grains, Pulses
Tomato, Potato

• Iron - Carrot, Tomato,
Onion, Spinach

D. Fill in the blanks.

1. Our body needs Balanced diet,
protection from diseases, regular
exercise and enough rest to keep
fit.

C-Match the columns.



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
the death-