

Short Answers

A) Tick (✓) the correct answer.

1) To stay healthy our body needs

Ans) a) a balanced diet ✓

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

Ans) b) beriberi ✓

3) This disease is called by a virus.

Ans) d) Chicken pox ✓

4) The spread of communicable diseases can be prevented by

Ans) c) Keeping clean ✓

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

Ans) c) mumps ✓

B). Complete the table.

Nutrient	Found In		
Carbohydrate	?	?	?
Protein	?	?	?
Vit. A	?	?	?
Vit. C	?	?	?
Iron	?	?	?

C). Match the columns.

Nutrients	Def. Diseases	Symptoms of Diseases
<u>Vit. A</u>	Croitre	bones become soft
<u>Vit. B1</u>	Night blindness	A gland in the neck swells up
<u>Vit. C</u>	Rickets	patient cannot see in dim light
<u>Vit. D</u>	Scurvy	Affects nervous system
<u>Iodine</u>	Beriberi	bleeding gums

D) - Fill in the blanks

1) Our body needs _____ protection from diseases, regular exercises and _____ to keep fit.

2) Our food should have enough _____ roughage _____ to get rid of undigested food.

3) We must play _____ games to keep our body fit.

4) _____ and _____ are caused by bacteria.

5) _____ is a virus that attacks the immune system of the patient and leads to death.