

HBO
29/6/21

A. 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. 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 medicine

5. Vaccination can protect against diseases like polio, ~~measles~~

measles and

a. AIDS b. malaria c. mumps ✓ d. fever

B. Complete the table.

Nutrient

Found In

Carbohydrate Potato Pulses Banana Rice

Protein Meat Fish Milk egg

Vitamin A ~~Green~~ Green leafy vegetables Mango butter Egg yolk

Vitamin C Amla Tomato Pulses Potato

Iron Spinach Guavas Brinjal Dates

C. Match the columns.

Nutrient Deficiency disease Symptoms of disease

1. Vitamin A goitre bones become soft

2. Vitamin B1 night blindness (D) a gland in the neck region swells up

C. Match the columns.

<u>Nutrient</u>	<u>Deficiency disease</u>	<u>Symptoms of disease</u>
1. Carbohydrate	Vitamin A	night blindness
2. Vitamin B1	Beri Beri	patient cannot see in dim light
3. Vitamin C	Scurvy	affects the nervous system
4. Vitamin D	Rickets	bleeding gums
5. Iodine	Goitre	bones become soft
		a gland in the neck swells up

D. Fill in the blanks.

1. Our body needs balanced diet, protection from diseases, regular exercise and yoga to keep fit.

2. Our food should ^{have} enough ~~roughage~~ ^{roughage} to get rid of undigested food.
3. We must play outdoor games to keep our body fit.
4. Typhoid and meningitis are caused by bacteria.
5. Corona is a virus that attacks the immune system of the patient and leads to ~~the~~ death.