

A. Fill in the blanks:-

1. cure
2. obesity
3. 13 years old
4. climb
5. sleeping
6. spices and junk

B. Answer the following questions:-

1. What are lifestyle disorders?

Ans: Lifestyle disorders are ailments and diseases that strike a person because of an unhealthy lifestyle. These could be obesity, diabetes, coronary heart diseases, acidity, high blood pressure, stomach ulcer, poor eyesight, insomnia etc.

2. What are the factors that have contributed to the changing lifestyle?

Ans: They are rapid urbanisation, staying indoors, doing very less exercise, pressure of work, storage of time, workload of school, introduction of fast food, sedentary lifestyle etc.

3. How was life during the period when we were not so dependent on machines?

Ans: During these days people went to work on foot and children also went to school on foot or cycles. They have enough leisure time. Children spent time in playing outdoor games. Such activities brought about a lot of human interactions and emotional bonding amongst people.

4. What are some of the reasons for obesity in children?

Ans: They are as follows:

- i) irregular meal time.
- ii) lack of physical activity
- iii) easy availability of junk food and
- iv) lack of fresh ingredients in meals.

5. What causes acidity and ulcers?

Ans: Consumption of too much junk food and oily food are the main causes of stomach acidity and stomach ulcer. Lack of sleep, irregular life and irregular meal timing causes acidity. Ulcers are also caused by an infection with the bacterium and long time use of nonsteroidal anti-inflammatory drugs.

Think and write:

1. What are some simple things that we can follow to remain healthy?

Ans: We need to take medicines to keep us healthy whenever we fall sick. This will protect us from different dreadful diseases. Besides this we also need to follow some routine work such as doing regular exercise, eating good and balance diet, sleeping on right time etc.

2. What is the best way to keep your teeth and gums healthy?

Ans: Avoiding too much eating of chocolates, sweets, white bread and biscuits. To keep a habit of rinsing mouth after every meal and brushing teeth before bed and in the morning. These few rules will be able to keep our teeth and gum healthy.

3. Write three things that you can do to maintain a lean body.

Ans: i) Consume protein during your workout.

ii) lose fat not muscle when you diet

iii) drink a protein shake before bed.

4. How can you maintain a good eyesight?

Ans: So as to maintain a good eyesight we have to avoid studying in poorly lit rooms, sitting in front of computer for a long time, watching too much TV and playing videogames. We have to wash our eyes with clean water at least couple of times in a day.

