

A. Tick the correct option :

1. \_\_\_\_\_ in food remains as sugar and starch.

Answer- (c) Carbohydrate

2. Nails and hair are made up of \_\_\_\_\_.

Answer- (a) protein

3. Vitamin D is \_\_\_\_\_.

Answer-(b) fat soluble

4. Rabies can be caused through \_\_\_\_\_.

Answer- (b) animal bite

5. Goitre is caused due to deficiency of \_\_\_\_\_.

Answer- (c) iodine

B. Short Answer Type Questions:

1. What are the causes of obesity ?

Answer -The Causes of obesity are:-

- overeating of carbohydrates and fats
- insufficient physical exercise

2. What is vaccination?

Answer - The process of injecting vaccine into the body of a healthy person is called vaccination.

3. Why is calcium essential for our body?

Answer- Calcium is essential for our body to build strong bones, teeth and muscles.

4. Why are vitamins and minerals called protective food?

Answer- Vitamins and minerals are called protective food because they protect us and give strength to fight against diseases.

5. Why should we eat lots of carrots and tomatoes?

Answer- We should eat lots of carrots and tomatoes because they are good source of vitamin A and C. They can provide many health benefits.

C. Long Answer Type Questions:

1. What is the importance of protein in our diet?

Answer- Proteins are body-building food that help the body to:-

- grow
- build new cells, tissues, bones and muscles
- repair damaged tissues
- help regain strength after illness.

2. Water is an essential part of our healthy lifestyle. Explain.

Answer - Water is an essential part of our healthy lifestyle because :-

- It helps in digestion.
- It is a major component of blood.
- It maintains constant body temperature.
- transport substances within the body.
- helps in removing body waste.

3. How does exercise keep our mind and body fit?

Answer - Exercise keeps our mind and body fit as it increases heart rate, which pumps more oxygen to the brain. It helps tone our muscles, stay lean and keep our body in good health and shape.

4. What are non communicable diseases? How are they caused ?

Answer- Diseases which do not spread from one person to another are called non-communicable diseases. They are caused by:

- deficiency of a nutrient in the body
- lack of physical activity or
- poor functioning of any body part.

5. How does cold and cough spread from a sick person to a healthy person?

Answer- When a person suffering from cold and cough sneezes, coughs or spits, the disease causing germs come out into the air and spread around. When another person breathes in this air, germs enter his body and make him sick.

D. Fill in the blanks :

1. Roughage is the fibre in food.
2. sunlight is a rich source of vitamin D.
3. We need at least 7 to 8 hours of undisturbed sleep.

4. Disease causing microorganisms are called germs .

5. Taking excessive salt can cause High Blood Pressure.

E. State True or False:

1. A diet containing all nutrients in required amount for proper growth of body is balanced diet. [True]

2. Overcooking destroys vitamins of the food. [True]

3. Disease is a healthy condition of body. [False]

4. diseases caused by contaminated food and water are non-communicable diseases. [False]

5. People are vaccinated for non-communicable diseases [False]

F. Match the columns :

Column A

Column B

1. Carbohydrate - Glucose

2. Fat - Ghee

3. Protein - Pulses

4. Vitamins - Vegetables

5. Minerals - Salt

G. Give any two diseases :

1. causing vectors Mosquito Housefly

2. for which vaccines are available Polio Measles

3. caused by insect bite Malaria Dengue

4. caused by contaminated food Diarrhea Food poisoning

5. caused by contaminated water Typhoid Cholera

H. Puzzle time:

Name the disease caused due to the deficiency of:

(a) Vitamin A Night blindness

(b) Vitamin B Beri - beri

(c) Vitamin C Scurvy

(d) Vitamin D Rickets

(e) Iron Anemia

(f) Iodine Goitre