

A. Fill in the blanks.

1. obesity
2. chicken, fish
3. Neck pain, back pain
4. Bluetooth
5. eight
6. properly lit room

B. Answer the following questions.

1. What are some of the reasons for weight gain?

Ans: Weight used to gain when we consume more calories than we need. There are genetic disposition, psychological factors and individual metabolism factors which led to gain weight.

2. What are the types of food that we should take in moderation? Why?

Ans: The inputs of fats, oil ghee and cheese, refined cereals like noodles, breads and pastas, fast food, soft drinks etc should not consume because these foods contain fats twice the calories per gram as compared to proteins and carbohydrates.

3. Why is regular exercise important?

Ans: Regular exercise is very important for us to keep ourselves free from diseases. It also helps us to keep ourselves healthy and also protects us from different types of illness. It always keeps us fit and strong.

4. What are some health hazards caused by mobile phones?

Ans: These following problems are caused by mobile phones:-

- i) burning and tingling sensation in the skin of the head or near the ear.
- ii) fatigue and lethargy
- iii) sleep disturbance
- iv) headache
- v) lost of concentration etc.

5. What are some points that we have to keep in mind if we have to change our life style?

Ans: These are the points to be kept in mind:-

- i) Make sure the goals are doable.
- ii) Break down the goals into small manageable steps.
- iii) Change one behaviour at a time.
- iv) Accept helps from others. And
- v) Change one habit at a time.