

Food and Health

1. Fill in the blanks:-

- a. Regular exercise helps to _____ and _____ our muscles.
- b. _____ helps to get rid of undigested food.
- c. _____ gives us more energy than carbohydrates.
- d. _____ helps the nervous system by supplying more oxygen to the brain.
- e. While sneezing we should _____.
- f. Milk from diseased cow can also be a source of _____.
- g. _____ and _____ carry germs from sewers and contaminate our food.
- h. Plague is caused by the bite of _____.
- i. Dengue is caused by the bite of _____.
- j. Malaria is caused by the bite of _____.
- k. To destroy the larvae of mosquitoes, water tanks and ponds must be sprayed with _____.
- l. _____ was a campaign started by the government in the year 1994 to eradicate polio.
- m. _____ and _____ are natural disinfectants.
- n. _____, _____, _____ and _____ are insects which cause diseases.
- o. _____ is a protein in red blood cells which carries oxygen from the lungs to the tissues.

2. Define the following:-

- a) Balanced diet- _____

- b) Posture- _____

- c) Disease- _____

- d) Deficiency diseases- _____

- e) Non- communicable diseases- _____

- f) Communicable diseases- _____

- g) AIDS- _____

- h) Pasteurization- _____

i) Chlorination- _____

j) Vaccination- _____

3. Write short answers:-

a. What does our body need to stay healthy?

b. How can we prevent nutritional loss in food?

c. Riya has fallen sick and the doctor has advised her to take multi-vitamins. Why?

d. Name the diseases caused by-

a. Bacteria- _____

b. Protozoa- _____

c. Viruses- _____

d. Infected food and water- _____

e. Through the air we breathe- _____

f. Through insects- _____

e. Vaccines of these diseases are available - _____

4. Complete the table:-

Nutrients	What they give us	Sources

What happens?	Caused by the deficiency of?	Deficient nutrient found in?
Night blindness		
	Vitamin B1	
Rickets		
	Vitamin C	
		Seafood
	Iron	