

Chapter- 2

Food and Health

WORKSHEET**I. Choose the correct answer.**

1. Fresh food and vegetables are a rich source of _____.

- a. Carbohydrates
- b. Fats
- c. Proteins
- d. Vitamins

2. _____ is a non-communicable disease.

- a. Typhoid
- b. Cold
- c. Asthma
- d. Measles

3. Tetanus spread through _____.

- a. Infected food and water
- b. Insects
- c. the air
- d. damaged skin

4. _____ deficiency can cause scurvy.

- a. Vitamin C
- b. Iodine
- c. Vitamin A
- d. Iron

5. _____ is not found in milk.

- a. Calcium
- b. Vitamin C
- c. Vitamin B
- d. Vitamin A

II. Fill in the blanks.

1. _____ a protein in red blood cells that carries oxygen from the lungs to the tissues.
2. Diseases that spread from one person to another person is called _____ disease.
3. The position in which we hold our body when we sit, stand or move is known as _____.
4. _____ help in the growth and development of the body.
5. _____ is heating milk at a high temperature and quickly cooling it to kill harmful germs.

III. Write true or false for the following statements.

1. Roughage can be digested. _____
2. Overcooking destroys several nutrients. _____
3. Measles is spread by eating infected food. _____
4. Antiseptics should be used to clean wounds, cuts and insect bites.

5. Exercise makes our internal organs stronger. _____

IV. Give answer in one word.

1. The act of injecting vaccine to protect against the disease. _____
2. To get rid of something completely. _____
3. An abnormal condition in which the body is not able to function properly.

4. Microorganism that causes diseases like malaria and dysentery.

5. A diet that contains right amount of all the nutrients including water and roughage.
