

Q1. DEFINES

S. No.	WORD	DEFINE
1	Nutrients	Main component of food which are carbohydrates, fats, proteins, vitamins and minerals.
2	Diet	The food we eat every day.
3	Vaccine	A substance that is put into the blood and that protects the body from a disease.

Q2 . GIVE ONE WORD

S.N.	Question	Answer
1	Write the names of main components of food.	Carbohydrate, proteins, fats, vitamins and minerals
2.	What are the main sources of carbohydrates?	Rice, wheat, maize, potato, honey and sugar
3	What are the main sources of proteins?	Peanuts, fish, eggs, pulses, meat, soyabean
4	What are the main sources of fats?	Cheese, milk, butter and nuts
5	What are the main sources of vitamins?	Fruits, green vegetables, eggs, and fish
6	What are the main sources of minerals we need?	Fruits, green vegetables, milk , eggs and iodized salt`
7	Carbohydrates provide _____to our body	energy
8	_____fight with diseases and keep our body healthy.	Vitamins

9	Which disease is caused due to the deficiency of iodine in the diet?	Goiter
10	Give some non-communicable diseases.	Night blindness, beri-beri, scurvy, rickets etc.
11.	Name some communicable diseases.	Covid-19, cholera, polio, malaria etc.
12	Jaundice is caused by_____	polluted water
13	Scurvy is caused due to the deficiency of ____	vitamin C
14	Rickets is caused due to the deficiency of ____	Vitamin D
15	Name the main sources of vitamin D	Milk products, fish, egg sunlight
16	_____ help in healing small cuts and wounds.	Proteins
17	Eating too much _____ can be harmful to our body.	oily food
18	Good _____ helps to prevent being diseased.	hygiene
19	Carbohydrates in food are present as ____	sugar and starch
20	_____ helps us in removal of undigested food.	Roughage
21	We should drink _____glasses of clean drinking water every day.	8- 10
22	Polio is caused by a _____	Virus
23	Dysentery is caused by a _____	Protozoa
24	Too much carbohydrates and fats in diet may cause ____	obesity
25	Name some micro organisms present in the air.	Bacteria, virus and fungi

Q3 . ANSWER IN ONE LINE

1	What is the balanced diet?
Ans.	Food that contains all the nutrients like protein, carbohydrates, fats, vitamins and minerals in adequate proportion is called balanced diet.
2	Why do we need the carbohydrates?
Ans.	Carbohydrates give us energy to work. So, we need carbohydrates in our diet.
3	Why does our body need protein?
Ans.	Proteins are body building nutrients. They help us to grow and repair our body cells.
4.	Why is water essential for our body?
Ans.	Water helps in the proper digestion of food and growth of our water. Water also helps to regulate our body temperature.
5	What do you mean by communicable diseases?
Ans.	The diseases that can spread from one person to another are called communicable or contagious diseases . Examples: Cholera, typhoid, polio, malaria.
6	What do you mean by non-communicable diseases?
Ans.	The diseases that cannot spread from one person to another are called non- communicable or non- contagious diseases . Examples: night blindness, beri-beri, scurvy, rickets etc.
7	What do you mean by disease?
Ans.	It is a condition in which some body part or the whole body does not work properly. For example typhoid, T.B., Polio etc.

8	List four causes of communicable diseases.
Ans.	Communicable diseases can spread through : <ul style="list-style-type: none">• Air• Infected water and food.• Direct contact with infected person• Insects