

Chapter 5

Food and Health

1. Complete the table given

Food Group	Uses in the body	Foods they are found in
Protein		
Carbohydrate- Sugar and Starch		
Fats and Oil		
Vitamins and Minerals		

2. Create the Eat well plate consisting of balanced diet using the Healthy Eating Pyramid.
3. Prepare a project on COVID –19 which has spread all the over world and India is under lockdown using information present on the net and television. The project should cover the following points:
- Where did the pandemic start?
 - What is the cause of COVID-19?
 - Is it a communicable disease?
 - How does this disease spread?
 - How can the spread of the disease be prevented?
 - Is there vaccine for this disease?
4. Fill in the blanks
- _____ is the state of complete physical and mental well being.
 - Carbohydrates, proteins, fats, vitamins and minerals are the main _____ present in food.
 - Diseases which cannot be transmitted from one person to another are called _____.
 - The disease is caused due to deficiency of vitamin C is_____.
 - Diseases like _____ and _____ are spread by bite of mosquitoes.
 - Deficiency diseases can be prevented by following good _____ and habits.
 - _____ must be done to prevent many diseases like measles, chickenpox.
 - _____ are signs that indicate a disease.
5. Make a list of symptoms present in a person when a person suffers from common cold.
6. Identify the disease a person is suffering from when the person is showing the following symptoms:

S.N	Symptoms	Disease
i)	A person looks weak and pale, gets tired easily and is prone to different infection	
ii)	A person shows swelling in the neck region, retarded growth and mental disorder	
iii)	A person is unable to see in dim light, dullness in eyes and dry scaly skin.	
iv)	A person has soft weak bones and bow shaped legs	

7. Multiple choice questions

- A. The substance present in food that are required for proper growth and development of our body is
 - a) Disease b) Nutrients c) Health d) water
- B. Which is wrong statement about maintaining good health?
 - a) Balanced diet b) regular exercise c) proper rest
 - d) dirty and unhygienic conditions
- C. Diseases that spread from one person to another person is
 - a) Communicable disease b) non-communicable disease c) deficiency disease
 - d) none of the above
- D. Swollen and bleeding gums are caused due to deficiency of _
 - a) Vitamin A b) Vitamin C c) Iron d) Calcium

8. Match the following

Health	Provides Energy
Protein	Defect or abnormality in the body
Carbohydrates	State of physical and mental well being
Disease	Helps to grow and repair worn out tissues

9. Answer the following questions

- a) Name 2 diseases that spread through water.
- b) State any 2 factors needed to maintain good health.
- c) A child of 2 years has improper growth of the body, loose skin and sunken eyes, thin and light hair, person is inactive and gets tired easily
 - i) Name the disease child is suffering from.
 - ii) What kind of disease is he suffering from?
- d) How can deficiency disease be prevented?
- e) How is communicable disease different from non-communicable disease?
- f) Why should vaccination be done?
- g) List the different ways in which communicable disease be transmitted.

10. State whether given statements are true / false

- a) Health is state of complete physical and mental well being.
- b) A person suffers from rickets due to deficiency of Vitamin C.
- c) Deficiency of iron causes formation of less haemoglobin content in blood.
- d) Running water is breeding place of mosquitoes.
- e) Balanced diet can help in preventing deficiency disease.

11. Make a list of 4 communicable diseases and how they are they are transmitted.

S.N	Name of disease	How it spreads
1.	Malaria	By bite of mosquito

12. Complete the given table

S,N	Name of nutrient/mineral	Symptoms
1	Iron	
2		Swelling in neck region, retarded growth and mental disorder
3		Weak teeth lose their shine, weak soft and fragile bones
4	Protein & Carbohydrate	