

Q1. Haemoglobin content becomes less when a person is suffering from-

Q2. A person having swollen and bleeding gums, might be suffering from-

Q3. Germs of common cold spread through

Q4. Deficiency of proteins and carbohydrates, in the diet of a small child, can lead to-

Q5. Legs become bow shaped due to deficiency of -

## **Q6. Choose the correct Answer from given MCQs**

1. Which is the good sources of Protein?

- A. Green vegetables
- B. Rice
- C. Fruits
- D. Eggs

2. Which food item provide energy?

- A. Rice
- B. Sugar
- C. Bread
- D. All of these

3. Which food item has calcium?

- A. Honey
- B. Milk
- C. Sugar
- D. Potato

4. Which food item has fat?

- A. Butter
- B. Fish
- C. Green vegetable
- D. None of these

5. We get vitamin A from which of the following?

- A. Beet root
- B. Lemon
- C. Yellow fruit
- D. Pulses

6. Which of the following is a communicable disease?

- A. Typhoid
- B. Diabetes
- C. Obesity
- D. Heart diseases

7. Which food item has carbohydrates and fats?

- A. Bread and butters
- B. Rice and pulses
- C. Egg and fish
- D. All of these

8. Which of the following is a good source of iron?

- A. Green vegetables
- B. Potato
- C. Tomato
- D. Beet root

9. Which food item has protein, fat and minerals?

- A. Fruits
- B. Bread
- C. Honey
- D. Milk

10. Which food item has roughage?

- A. Eggs
- B. Fish
- C. Corn
- D. Milk

11. Which disease caused by deficiency of iron?

- A. Rickets
- B. Anaemia
- C. Goitre

D. Scurvy

12. Which disease caused by deficiency of iodine?

- A. Night blindness
- B. Goitre
- C. Scurvy
- D. Rickets

13. Which of the following is a non-communicable disease?

- A. Malaria
- B. Measles
- C. Typhoid
- D. Heart diseases

14. Lack of Vitamin A leads to which disease?

- A. Rickets
- B. Anaemia
- C. Night blindness
- D. Heart disease

15. A person suffer from goitre because of lack of which mineral?

- A. Calcium
- B. Iron
- C. Phosphorous
- D. Vitamin D

Q1. Write two examples of the following:

- A. Vitamin-rich foods: Vegetables and Fruits
- B. Carbohydrate-rich foods: Rice and Wheat
- C. Junk foods: Pizza and Burger
- D. Fermented foods: Dosa and Idli
- E. Foods to prevent anaemia: Spinach and Lentils

Q2. Protein deficiency in our body leads to - Kwashiorkor

Q3. Why do children need protein rich diet?

Ans: Children need protein rich diets help in the overall development of their bodies and minds

**Q4. What kind of diet does adult person needs?**

Ans: An adult person needs a diet that has less carbohydrates and fats to prevent them from gaining weight.

**Q5. How a balanced diet help in growth and development of our body?**

Ans: A balanced diet helps in improving memory, concentration and allow us to focus on our day to day activity.

**Q6. Write any three harmful effect of junk food.**

Ans: Three harmful effect of junk food are

1. Weight gain and obesity
2. Lack of energy
3. Poor digestion

**Q7. Why should we also include fermented food in our diet?**

Ans: We should include fermented food in our diet because fermented food contains many useful bacteria that help in process of digestion.

**Q8. How is anaemia caused?**

Ans: Anaemia is caused due to lack of iron in our diet.

**Q9. What are the symptoms of night blindness?**

Ans: Inability to see at night or in poor light.

**Q10. Differentiate between lifestyle and deficiency diseases.**

<b>Lifestyle diseases</b>	<b>Deficiency diseases</b>
Bad food habits and unhealthy lifestyle causes lifestyle diseases	Regular lack of a particular nutrient in the diet may cause deficiency disease
Ex: Obesity, high blood pressure, diabetes etc	Example: night blindness, anaemia, rickets etc

**Q11. Match the following"**

1. anaemia	a. Vitamin C
2. Night blindness	b. iodine
3. scurvy	c. Vitamin B
4. goitre	d. iron
5. beri-beri	e. Vitamin A

**Q12..What is the need of calcium in our body?**

**Answer:** – Calcium makes ours bones and teeth strong. Lack of calcium in our diet makes bones and teeth weak.

**Q13. How does calcium-phosphorus deficiency affect our body?**

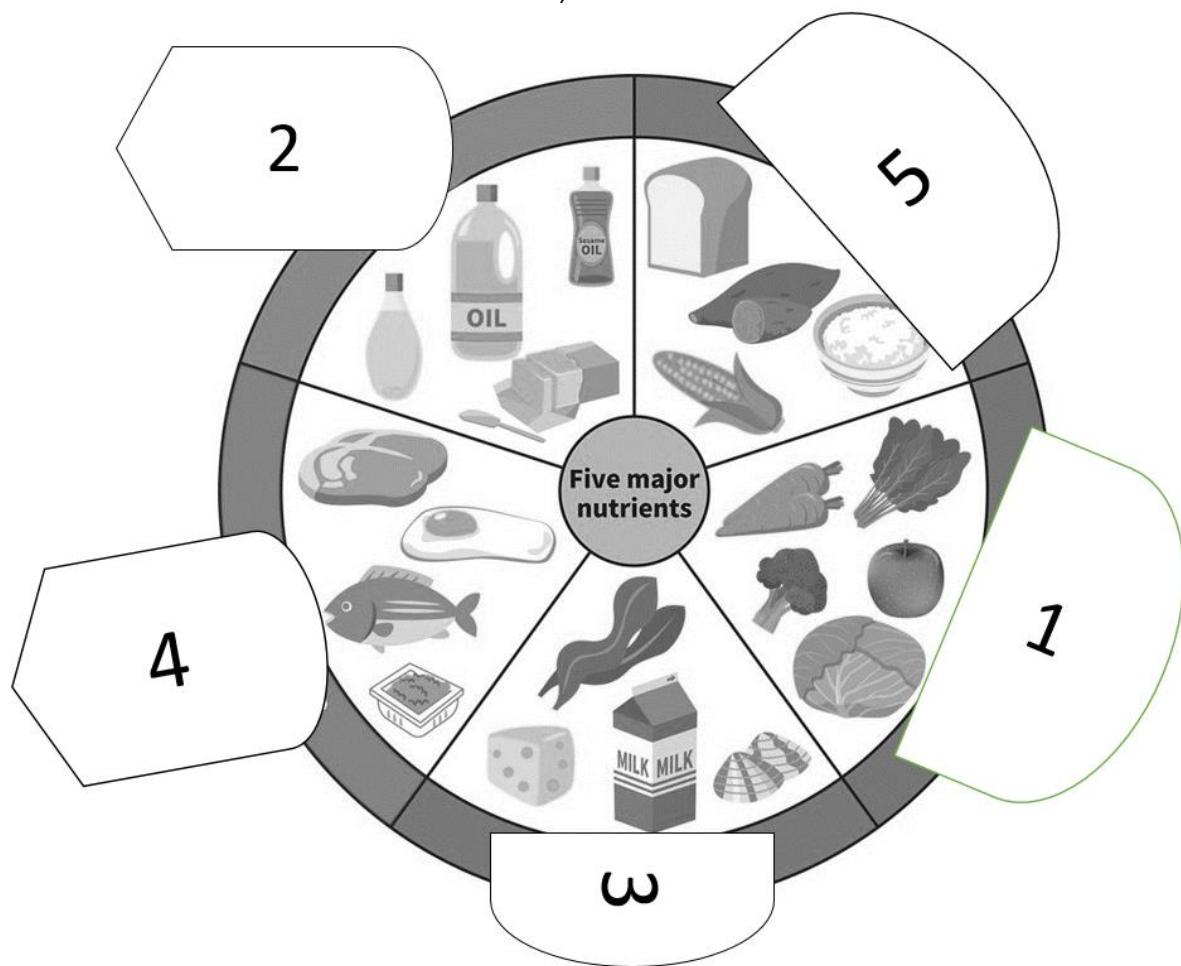
**Answer:** Calcium phosphorus deficiency causes weak, soft and fragile bones. Due to it the teeth become weak and lose their shine and whiteness.

**Q14. Explain the significance of protein in our diet.**

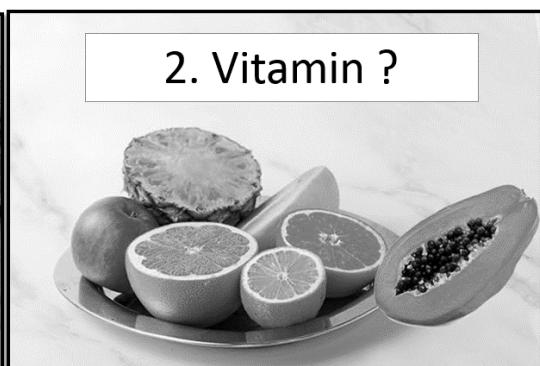
**Q15. Explain the significance of carbohydrate in our diet.**

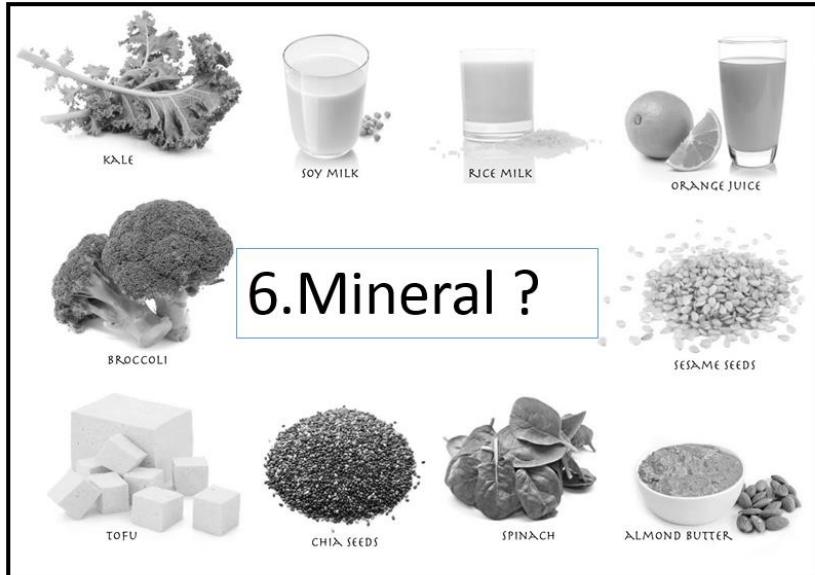
**Q16. Explain the significance of vitamins and minerals in our diet.**

**Q17. Identify 1, 2, 3, 4 and 5 - as rich sources of food.**

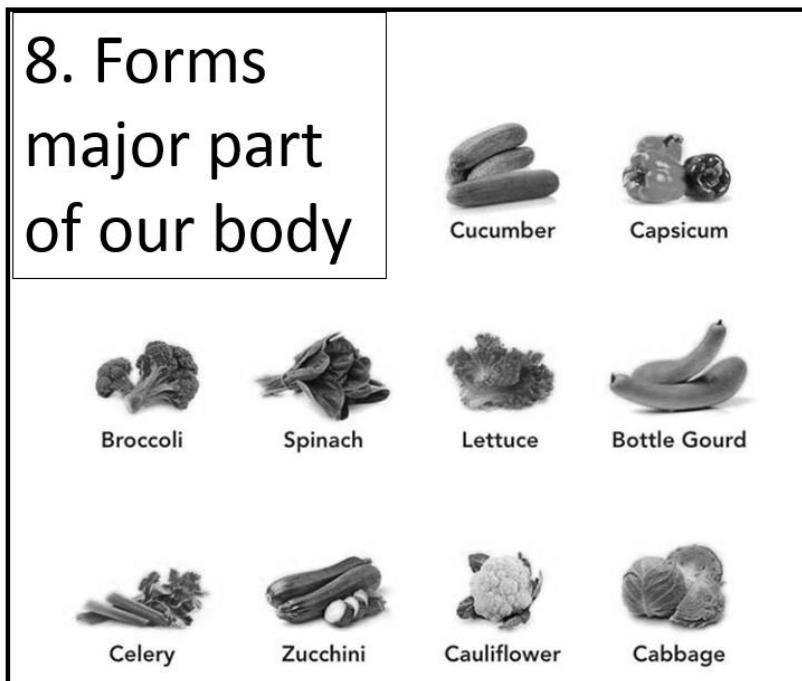


Q18. Identify nutrients below:





## 8. Forms major part of our body



<b>1.</b>		<b>2.</b>	
<b>3.</b>		<b>4.</b>	
<b>5.</b>		<b>6.</b>	
<b>7.</b>		<b>8.</b>	

**Q19. Deficiency diseases:**

Deficiency diseases	Cause	Symptoms	Cure
Goitre			
Night blindness			
Rickets			
Scurvy			
Anaemia			

**Q20. Diseases:**

Diseases	Caused by	Spread by	Symptoms
Ringworm			

Typhoid			
Malaria			
Cholera			
Covid 19			

Sl. No	Answer:
1	Anaemia
2	Scurvy
3	Air
4	Improper growth of body
5	Rickets
6 (i)	Eggs
6 (ii)	All of these
6 (iii)	Milk
6(iv)	Butter
6(v)	Yellow fruits
6 (vi)	Typhoid
6 (vii)	Bread and butter
6(viii)	Beet root
6(ix)	Milk
6(x)	Corn
6 (xi)	Anemia
6(xii)	Goitre
6(xiii)	Heart diseases
6(xiv)	Night blindness
6(xv)	Vitamin D
Q1	Vegetables and Fruits
Q2	Rice and Wheat
Q3	Pizza and Burger
Q4	Dosa and Idli
Q11	(1) d (2) e (3) a (4) b (5) c.
Q17	1. Vitamins, 2. fats 3. Minerals 4. Proteins 5. Carbohydrates