



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.

Lifestyle diseases	Deficiency diseases
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?

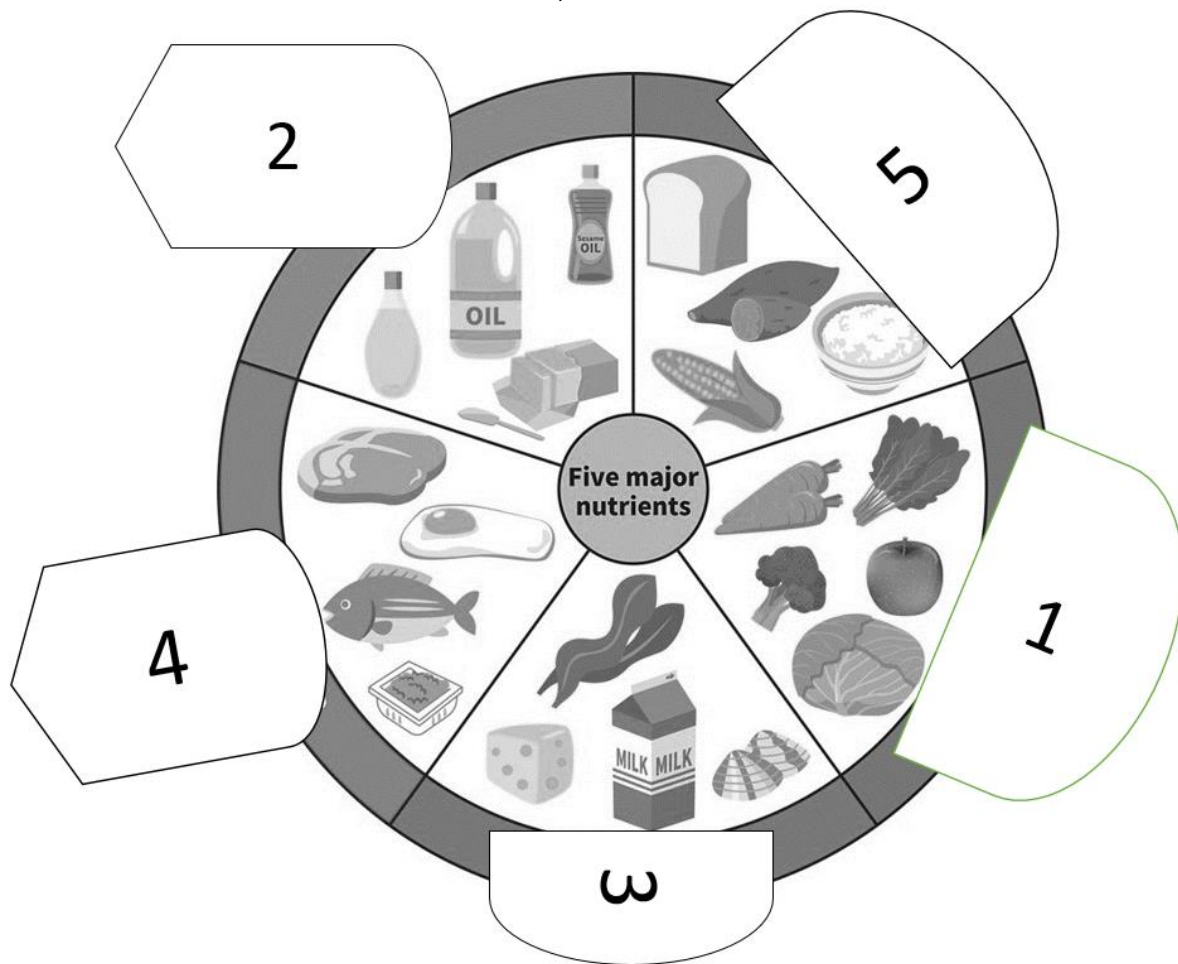
Answer: Calcium phosphorus deficiency causes weak, soft and fragile bones. Due to it the teeth become weak and lose their shine and whiteness.

Q14. Explain the significance of protein in our diet.

Q15. Explain the significance of carbohydrate in our diet.

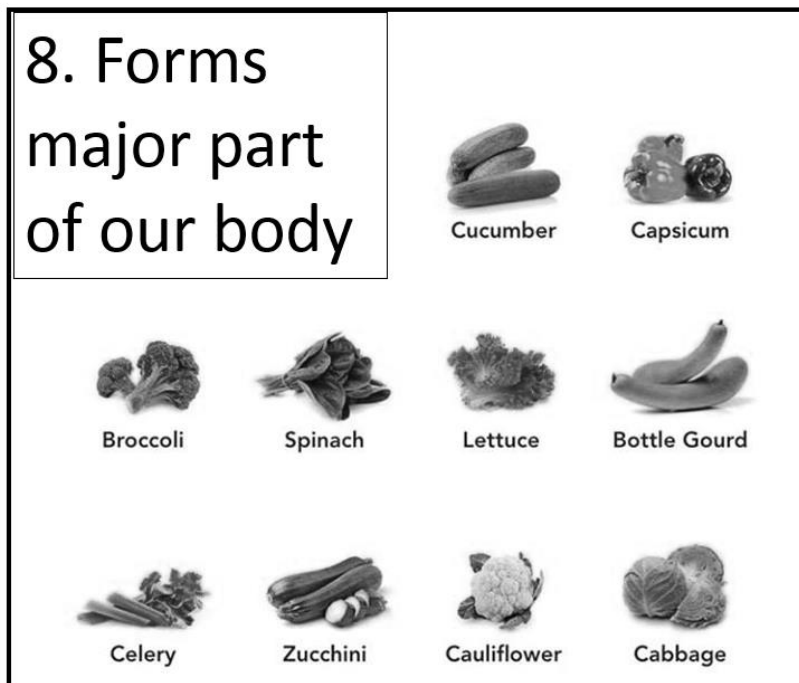
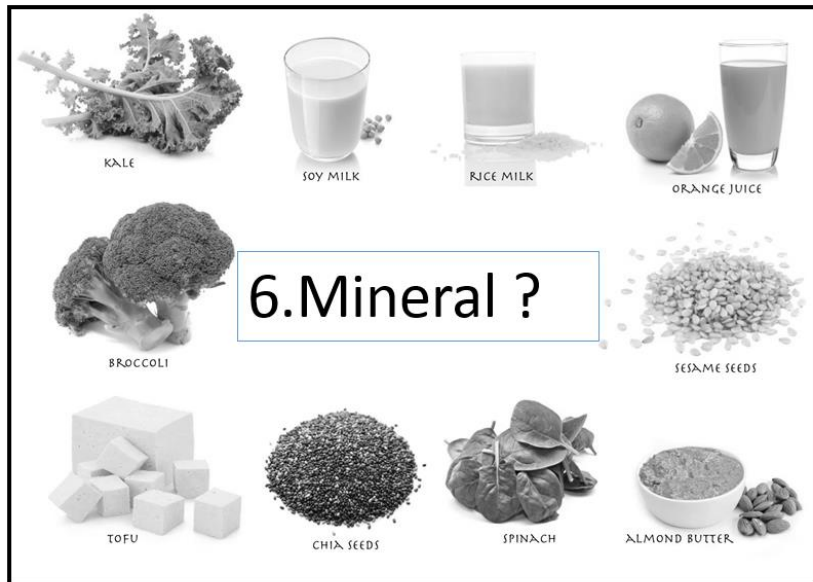
Q16. Explain the significance of vitamins and minerals in our diet.

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



Q18. Identify nutrients below:

<p>4. Vitamin ?</p>	<p>2. Vitamin ?</p>
<p>1. Vitamin ?</p>	<p>3. Mineral ?</p>



1.		2.	
3.		4.	
5.		6.	
7.		8.	



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)	Anameia
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. Protiens 5. Carbohydrates