

1. Answer the following short questions.

1. How can water be purified?

Water can be purified by using a filter, using chemical processes, or by boiling the water.

2. What do we mean by a balanced diet?

A balanced diet means eating the right variety of foods in the right amounts. Eating a balanced diet helps us to be fit and healthy.

3. List some methods for preventing common diseases and their transmission?

- Only drink clean water.
- Stay at home if you are unwell.
- Wash your hands regularly, especially before eating or touching your face.

4. How can contagious diseases be spread?

Contagious diseases can be passed from an unwell person to a healthy person by touch or through the air or dirty water. Some communicable diseases are spread by animals

2. Long question:

- i. Differentiate between Communicable diseases Non-communicable diseases.

Communicable diseases	Non-communicable diseases
<p>Diseases that can be spread from one person to another.</p> <ul style="list-style-type: none"> • Hepatitis • T.B • Polio • Influenza • Chicken pox • Coronavirus 	<p>Diseases that cannot be spread from one person to another.</p> <ul style="list-style-type: none"> • Cancer • Diabetes • Scurvy • Rickets

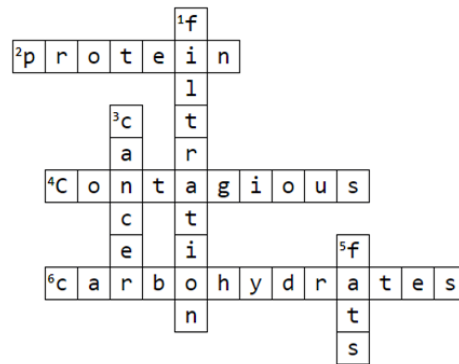
ii. Write down the name of Communicable and Non-communicable diseases.

Hepatitis	Influenza	Non-communicable diseases:	
Cancer	Rickets	Cancer	Rickets
Polio	Chicken pox	Scurvy	Diabetes
Scurvy	Coronavirus	Communicable diseases:	
T.B	Diabetes	Hepatitis	Influenza
		Polio	Chicken pox
		T.B	Coronavirus

3. Tick the right option.

1. Which of the following non-contiguous disease?			
a) Cancer	b) Polio	c) Covid-19	d) Influenza
2. Which of these foods is a good source of carbohydrate?			
a) Bread	b) Oil	c) Meat	d) Yogurt
3. This vitamin is made by the skin in sunlight?			
a) Vitamin A	a) Vitamin B	b) Vitamin C	c) Vitamin D
4. Which of the following spread Dengue?			
a) Flies	a) Mosquitos	b) Sneezing	c) Coughing
5. Which of the following is a way to purify the water?			
a) Boiling	a) Freezing	b) Baking	c) None of these

4. Crosswords



Across	Down
2. Building blocks of body	1. Method of purification of water
4. Disease that can spread from one person to another	3. non-contagious disease
6. Provide energy quickly	5. Maintain body temperature

5. Words Search

Find the following word in the words search.

Milk	Fibre	Calcium	Mineral
Fruit	Carbohydrates	Energy	Nutrients
Grain	Water	Protein	Vitamin

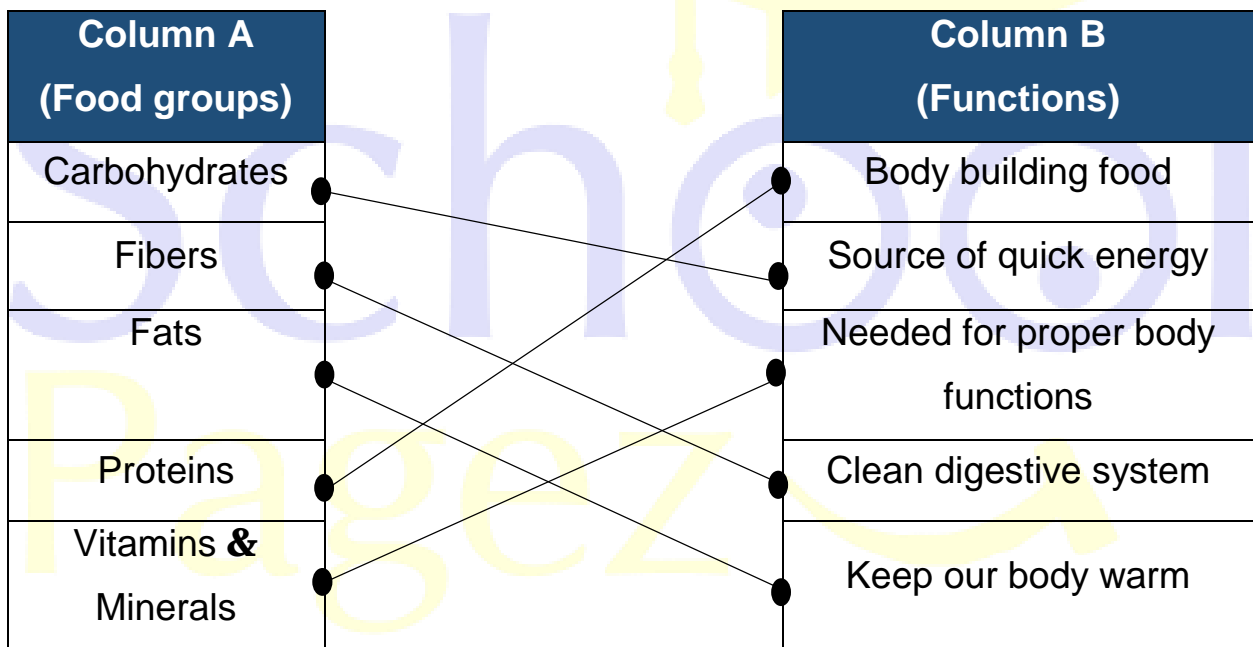
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F	G	H	I	A	T	J	I	A	A	M	K
L	M	Y	N	L	R	O	T	I	L	I	P
Q	R	D	S	T	I	U	V	N	C	N	W
X	P	R	O	T	E	I	N	Y	I	Z	A
B	C	A	D	E	N	F	G	H	U	I	G
K	L	T	W	A	T	E	R	N	M	O	M
P	O	E	R	S	T	U	V	W	X	Y	Z

6. Jumbled Words

CHUNL	Lunch
FASTKREAB	Breakfast
ERDNIN	Dinner
KSACN	Snack
EASFT	Feast

7. Columns

Column A (Food groups)	Column B (Functions)
Carbohydrates	Body building food
Fibers	Source of quick energy
Fats	Needed for proper body functions
Proteins	Clean digestive system
Vitamins & Minerals	Keep our body warm



8. Write “T” for the true and “F” for the false statement.

- i. Diarrhea spread through contaminated food or water and poor hygienic conditions.
- ii. We should drink at least 7-8 glasses of water in a day.
- iii. Carbohydrates are the quick source of energy for our body.
- iv. Fats are called body building food.
- v. All living things don't need water to survive.

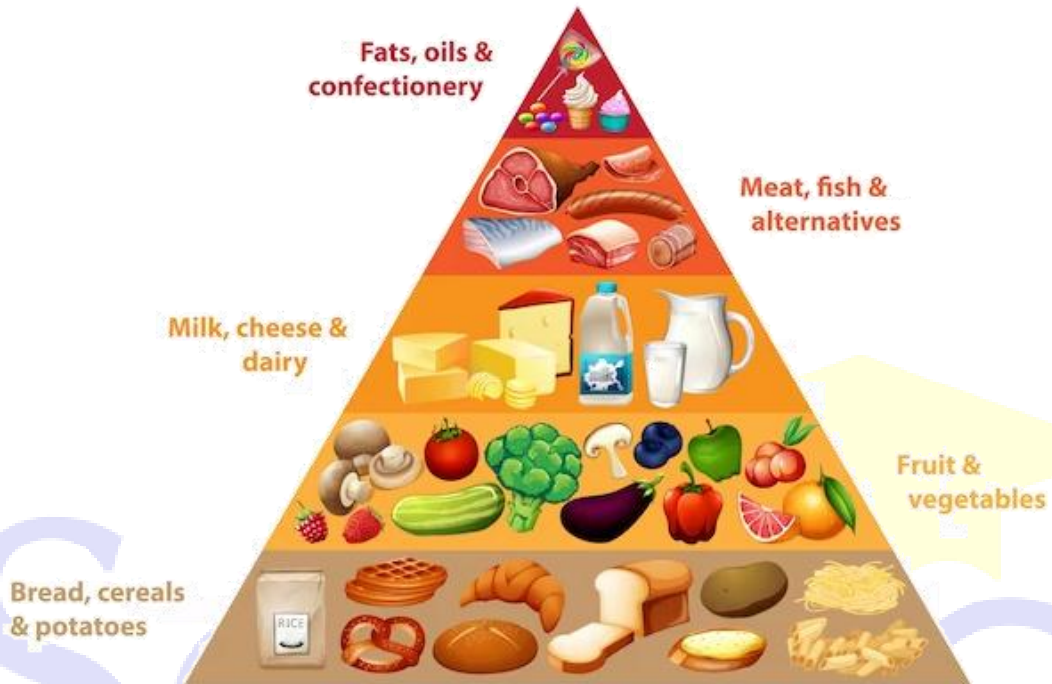
T
T
T
F
F

9. Fill in the blanks.

Find the odd one out in each of the following.

- i. Milk, curd, cheese, jam, butter
The odd one out is jam because it is carbohydrate.
- ii. Cucumber, pees, carrot, lettuce, spinach
The odd one out is carrot because it is red.
- iii. Sugarcane, banana, apple, grapes, guava
The odd one out is sugarcane because it is fiber.
- iv. Pistachio, cashew nuts, walnuts, onion, almond
The odd one out is onion because it is vegetable.
- v. Influenza, cough, thalassemia, polio
The odd one out is thalassemia because it is genetic disease.

10. Label the diagram.



11. Drag and Drop

Put two words from the list into each column of the table below.

Eggs	Butter	Sunshine	Potato
Lemon	Nuts	Cereal	Chocolate

<i>Proteins</i>	<i>Carbohydrates</i>	<i>Fats</i>	<i>Vitamins</i>
Nuts Eggs	Cereal Potato	Butter Chocolate	Sunshine Lemon

12. Comprehension

Look at the pictures given below and answer the questions:

A balanced diet is a diet that provides us exact proportion of food groups that we need to grow and function properly. It is like a symphony for our bodies, providing the right mix of nutrients to keep us in harmony. Just like a musician needs different notes to create beautiful music, our bodies need a variety of foods to stay healthy. A balanced diet includes fruits and vegetables that give us vitamins and minerals, proteins for building and repairing tissues, carbohydrates for energy, and fats in moderation for overall well-being. The aim of a balanced diet is to provide essential nutrients such as vitamins, minerals, proteins, carbohydrates and fats in the right amounts. Just as each instrument contributes to a musical piece, each food group plays a crucial role in maintaining our health. Striking the right balance ensures that our bodies receive the nutrients they need to function at their best, supporting growth, energy, and overall vitality. It's like crafting a masterpiece, where every element contributes to the whole, creating a picture of health that resonates through our daily lives.

i. What is the aim of a balanced diet?

Ans: The aim of a balanced diet is to provide essential nutrients such as vitamins, minerals, proteins, carbohydrates and fats in the right amounts.

ii. Define a balanced diet.

Ans: A balanced diet is a diet that provides us exact proportion of food groups that we need to grow and function properly.