

1. Answer the following short questions.

1. How can water be purified?

2. What do we mean by a balanced diet?

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

4. How can contagious diseases be spread?

2. Long question:

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

Communicable diseases	Non-communicable diseases

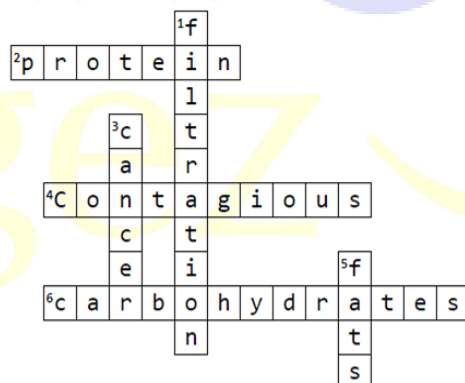
- ii. Write down the name of Communicable and Non-communicable diseases.

<p>Hepatitis Influenza</p> <p>Cancer Rickets</p> <p>Polio Chicken pox</p> <p>Scurvy Coronavirus</p> <p>T.B Diabetes</p>	<p>Non-communicable diseases:</p> <table border="1" style="width: 100%; height: 40px;"> <tr><td style="width: 50%;"></td><td style="width: 50%;"></td></tr> <tr><td style="width: 50%;"></td><td style="width: 50%;"></td></tr> </table> <p>Communicable diseases:</p> <table border="1" style="width: 100%; height: 80px;"> <tr><td style="width: 50%;"></td><td style="width: 50%;"></td></tr> <tr><td style="width: 50%;"></td><td style="width: 50%;"></td></tr> <tr><td style="width: 50%;"></td><td style="width: 50%;"></td></tr> </table>										

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

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

7. Columns

Column A (Food groups)
Carbohydrates ●
Fibers ●
Fats ●
Proteins ●
Vitamins & Minerals ●

Column B (Functions)
● Body building food
● Source of quick energy
● Needed for proper body functions
● Clean digestive system
● 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.

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 _____ because it is _____.

- ii. Cucumber, pees, carrot, lettuce, spinach

The odd one out is _____ because it is _____.

- iii. Sugarcane, banana, apple, grapes, guava

The odd one out is _____ because it is _____.

- iv. Pistachio, cashew nuts, walnuts, onion, almond

The odd one out is _____ because it is _____.

- v. Influenza, cough, thalassemia, polio

The odd one out is _____ because it is _____.

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>

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. 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 balanced diet is to provide essential nutrients such as vitamins, minerals, proteins, carbohydrates and fats in the right amounts.

i. What is the aim of balanced diet?

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

ii. Define 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.