**Chapter 5**

 **Food and Health**

1. Visit a locality near your house where poor people live. Carefully look around and note what kind of children found in that area? Suggest why those children are like that? Plan out the kind of food they should take so that they become like normal children.
2. I went to a hill station. I found that some people had enlargement of the glands in the neck region. Why do people have that enlargement? How can such person be cured?
3. In African country of Somalia many times it is seen that many children are with improper growth of the body, loose skin and sunken eyes, thin and light hair. What are these children suffering from? Why are they suffering from it?
4. Make a collage of different food type to prepare healthy eating pyramid.
5. Prepare a chart to show the different ways in which communicable diseases are transmitted.
6. In a class should check the tiffins of his six to seven friends and make a list of different food they have brought and write down the name of different nutrients present in the food items and make a table.

|  |  |  |
| --- | --- | --- |
| S.N | Name of the food | Nutrient present in the food |
|  1 |  |  |
|  2 |  |  |
|  3 |  |  |
|  4 |  |  |
|  5 |  |  |
|  6 |  |  |

1. Name the first vitamin that was discovered and where was it discovered?
2. The student should prepare the balance diet for himself.
3. Define the following terms
4. Health
5. Nutrients
6. Disease
7. Communicable disease
8. Complete the chart given below

For maintaining good health we need

1. Why do all living organism need food?
2. Does a balanced diet contain all the nutrients in equal amount? Give reason for your answer.
3. What is mal nutrition? What does it result in ?
4. Why are people advised to maintain social distancing and wear mask when they are exposed to person suffering from covid -19 in this time of pandemic?
5. Correct the given statements
6. Nutrients are substances present in the water and are required for improper growth.
7. Fats are body building and protective foods.
8. Diseases that are generally not transmitted from one person to another is known as communicable disease.
9. Deficiency disease is caused due to excess of a particular nutrient.
10. Complete the following
11. Deficiency of different minerals in our body leads to \_\_\_\_\_\_\_ of different parts of our body.
12. Haemoglobin is a pigment found in blood which \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and provides red color to blood.
13. All the articles and clothes of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ should be disinfected.
14. Germs of common cold, measles and chicken pox spread through \_\_\_\_\_\_\_\_\_\_\_\_.
15. If water in coolers, flower pots and containers is not changed every 3 or 4 days, then such a water becomes\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
16. Health is state of complete physical and \_\_\_\_\_\_ well being.
17. A person is suffering from extreme weakness and paralysis of body parts.
18. Name the disease he is suffering from.
19. What is the cause of the disease?
20. How can the deficiency disease be prevented?
21. What are the different ways by which the germs causing communicable disease enter the body of a person?
22. Complete the given table

|  |  |  |  |
| --- | --- | --- | --- |
| S.N | Name of mineral/ vitamin | Deficiency disease | Symptoms |
|  1 | Iron |  | Person looks pale, gets tired easily and is prone to different infections |
|  2 | Iodine | Goitre |  |
|  3 |  | Night blindness | Unable to see in dim light, dullness in eyes |
|  4 | Vitamin B |  | Extreme weakness and paralysis of body parts |
|  5 |  | Scurvy |  |
|  6 | Vitamin D |  |  |