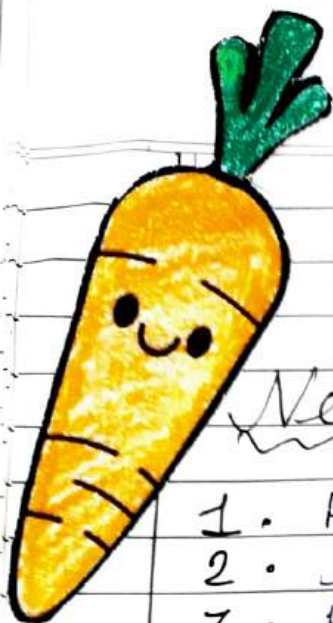




Chs - Food and Health

New Words

- | | |
|-----------------------|-------------------------|
| 1. Fragile | 6. Communicable disease |
| 2. Adequate | 7. Non-Communicable |
| 3. Hygiene | 8. Deficiency disease |
| 4. Vaccination | 9. Components |
| 5. Posture | 10. Roughage |

Answer the following question

Q:1 What is a balanced diet?

Ans: → A diet that contains adequate amounts of different components of food, along with roughage and water, required for the healthy functioning of our body is called a balanced diet.

Q:2 What is good health? What shall we do to stay healthy?

Ans: → Good health is a state of complete physical and mental well-being having no disease. Both the mind and the body must be completely fit for a

good health.

We should eat proper food (diet), take rest and exercise (walking, running, and playing), and maintain correct posture to stay healthy.

Q:3] Why should we include roughage in our diet? Give three examples of foods rich in roughage.

Ans: Roughage is the undigested part of the plant food. It helps in moving the food easily through our digestive system and in proper removal of wastes from our body.

Atta (Whole wheat flour), Oats, dalia, corn and cabbage are some good sources of Roughage.

Q:4] Differentiate between Communicable and non-communicable diseases. Give two examples of each.

Communicable diseases	Non-communicable disease
1. spread from one person to another	1. Do not spread from one person to another
2. Generally caused by germs	2. caused by the deficiency of a particular food component.

3.

Ex: - Common cold,
Pneumonia

3.

Ex: - Beriberi,
Goitre

Q5 What are deficiency diseases? Give five examples of deficiency diseases and the nutrients they are linked to.

Ans. The disease caused by the lack of a particular food component are called deficiency diseases.

Deficiency disease	Caused by the lack of	foods that contain the vitamin/mineral
Night blindness	Vitamin A	green leafy vegetables, butter, milk
Beriberi night blindness	Vitamin B ₁	Milk, peas, cereals
Scurvy	Vitamin C	Amla, orange, tomato
Goitre	Iodine	cranberries, seafood
Anaemia	Iron	Spinach, guava

Q.6] What are vaccines? How do they help us?

Ans → Vaccines are special substances that are used to prevent specific diseases. Most vaccines are given to children.

vaccination is the use of vaccines to prevent specific diseases and help to build up resistance in the body.

Define the following

1. **Disease:** - A state in which a function or a part of the body is no longer in a healthy condition is called a disease.
2. **Antibiotics:** - Antibiotics are medicines used to fight harmful bacteria and help us get well.

Let's Apply

1. Anwar went to a dusty room and started sneezing thereafter. What do you think has probably happened to him?

Ans → Anwar has picked up a non-communicable disease based on his allergic reactions.

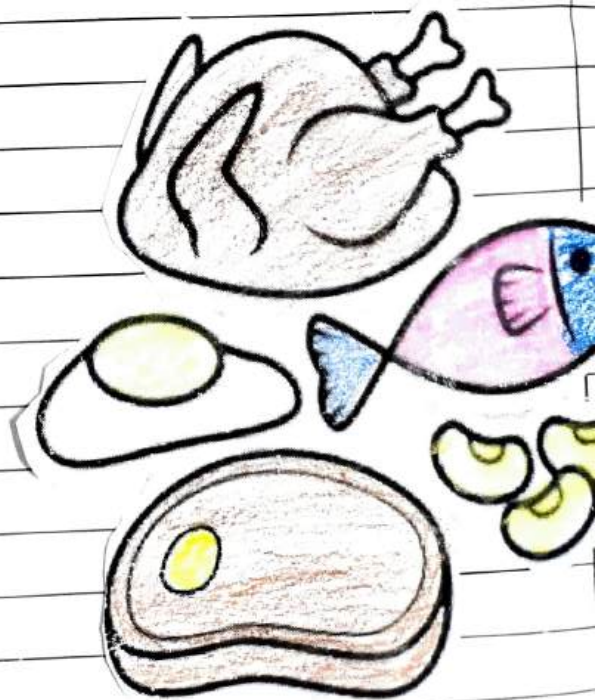
- Q2. Nazia's mother always puts a few drops of kerosene oil on stagnant water. Do you think this would help in preventing diseases? How?

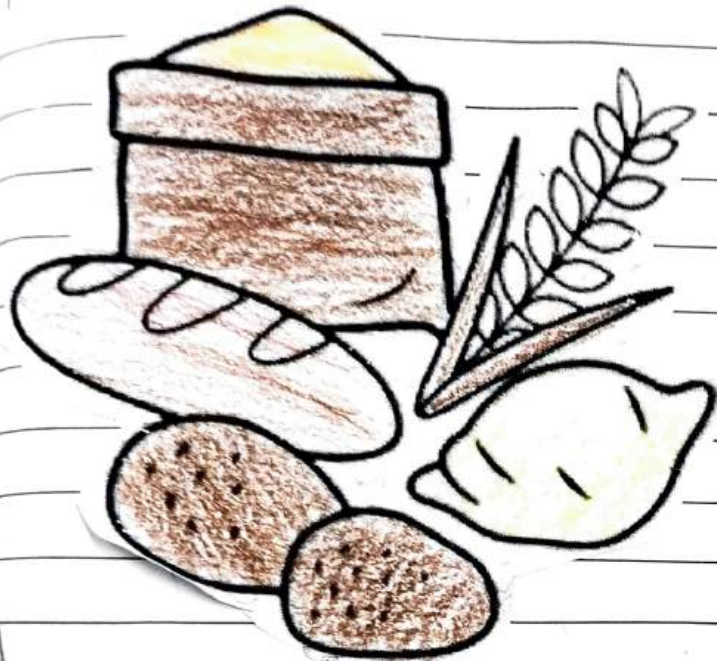
Ans- Yes. It would prevent spreading of disease because the larval of insects like the mosquito will not be able to survive in the water. Breeding will be prevented. And therefore disease will be reduced.

Diagram

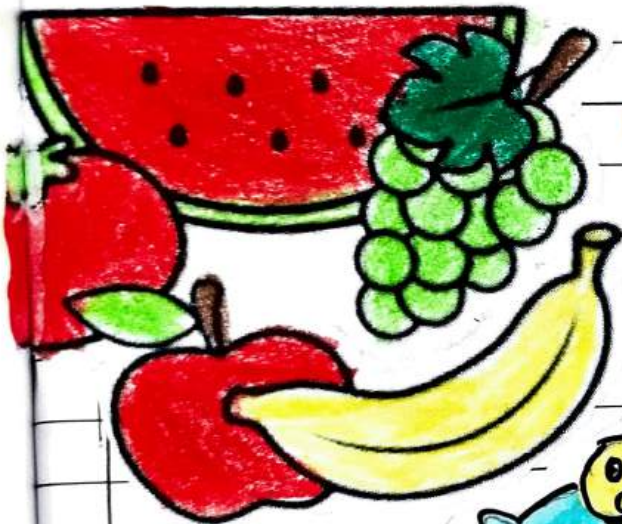


Sources of proteins





Sources of
carbohydrates



Sources of
vitamins
and
minerals



Some communicable diseases can also be prevented by vaccination. **Vaccination** is the use of special substances called vaccines to prevent specific diseases. Vaccines help to build up resistance in the body. Most vaccines are given to children when they are very young.



▲ Vaccine

Key Words

Balanced diet

A diet that contains adequate amounts of different components of food, along with roughage and water required for the healthy functioning of our body is called a balanced diet.

Disease

A state in which a function or a part of the body is not in a healthy condition is called a disease.

Non-communicable diseases

Diseases that do not spread from one person to another are called non-communicable diseases.

Communicable diseases

Diseases that can spread from one person to another are called communicable diseases.

Food contains five main components: carbohydrates, fats, proteins, vitamins, and minerals.

Our diet must include adequate amounts of different components of food.

In general, diseases are of two types: non-communicable and communicable.

Many diseases can be prevented through vaccination.

Good hygiene helps in preventing diseases.



Exercises



LET'S UNDERSTAND



A Objective type questions

1. Fill in the blanks with the correct words.

1. Carbohydrates (Carbohydrates/Proteins) provide energy to the body.

2. Iron and calcium are important minerals (vitamins/minerals) that are needed in our body.

3. Roughage (Protein/Roughage) is the undigested part of the food we eat.

4. Health (Disease/Health) is a state of complete physical and mental well-being.
 5. Pneumonia (Obesity/Pneumonia) is a communicable disease.

II. Write T for the true and F for the false statement.

1. Bananas are a good source of carbohydrates. True
2. Water is not a part of balanced diet. False
3. Proper diet, rest, exercise, and good posture are necessary for a healthy body. True
4. Communicable diseases are caused due to deficiency of a nutrient in the body. False
5. Goitre is caused by the deficiency of iron. False

III. Choose the correct option.

1. Which of these should be eaten for muscle-building?
 - a. Rice and wheat
 - ☒ b. Eggs and meat
 - c. Fruits and vegetables
 - d. Butter and ghee
2. Which of these are needed in small amounts for normal functioning of the body?
 - a. Carbohydrates
 - b. Proteins
 - c. Fats
 - ☒ d. Vitamins and minerals
3. Which of these is a good source of roughage?
 - a. Milk
 - b. Eggs and fish
 - ☒ c. Vegetables
 - d. Butter and ghee
4. Which of these are essential to stay healthy?
 - a. Balanced diet and rest
 - b. Exercise
 - c. Good posture
 - ☒ d. All of these
5. Which of these are common ways in which disease-causing germs spread?
 - a. Through dirty food and water
 - b. Through insects
 - c. Through direct contact with an infected person
 - ☒ d. All of these
6. Which of these diseases spread through direct contact?
 - ☒ a. Measles and tuberculosis
 - b. Allergies and cancer
 - c. Beriberi and scurvy
 - d. Goitre and anaemia
7. Which of these is caused due to the deficiency of vitamin A?
 - ☒ a. Night blindness
 - b. Beriberi
 - c. Scurvy
 - d. Rickets
8. Which of these is caused due to the deficiency of iron?
 - a. Measles
 - b. Tuberculosis
 - c. Pneumonia
 - ☒ d. Anaemia

IV. Match the columns.

Column A

1. Vitamin D
2. Vitamin B
3. Vitamin C
4. Fat-rich diet
5. Mosquitoes

Column B

- a. Beriberi
- b. Obesity
- c. Malaria
- d. Scurvy
- e. Rickets

1 e
 2 a
 3 d
 4 b
 5 c

B. Very short answer questions

I. Give two examples of the following.

1. Sources of proteins
2. Sources of carbohydrates
3. Sources of vitamins and minerals
4. Sources of fats
5. Sources of roughage

<u>Egg</u>	<u>Meat</u>
<u>Milk</u>	<u>Banana</u>
<u>Fish</u>	<u>Egg</u>
<u>Butter</u>	<u>Cheese</u>
<u>Oats</u>	<u>Cabbage</u>

II. Give one word for the following.

1. A diet that contains adequate amounts of different components of food
2. A state of complete physical and mental well-being
3. A state in which a function or a part of the body is no longer in a healthy condition
4. Diseases that do not spread from one person to another
5. Disease caused due to the lack of a nutrient in the diet over a period of time

Balanced diet
Health
Disease
Non-communicable
Deficiency disease

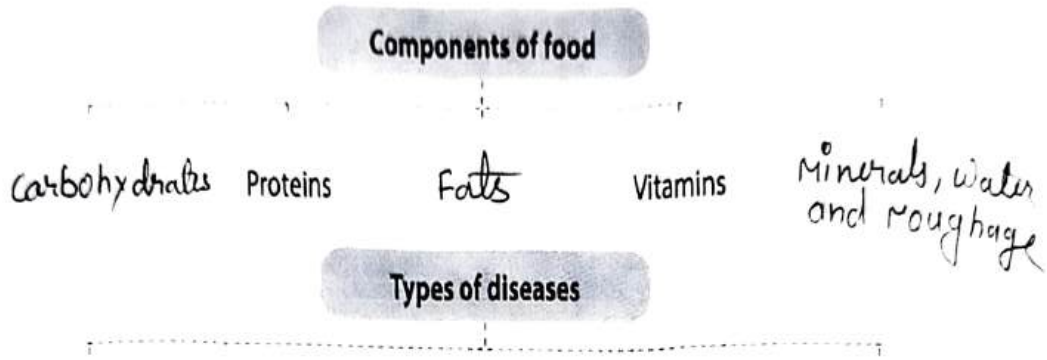
C. Answer the following.

1. What is a balanced diet?
2. What is good health? What shall we do to stay healthy?
3. Why should we include roughage in our diet? Give three examples of foods rich in roughage.
4. Differentiate between communicable and non-communicable diseases. Give two examples of each.
5. What are deficiency diseases? Give five examples of deficiency diseases and the nutrients they are linked to.
6. What are vaccines? How do they help us?

LET'S RECALL



Recall and complete the concept map given below.



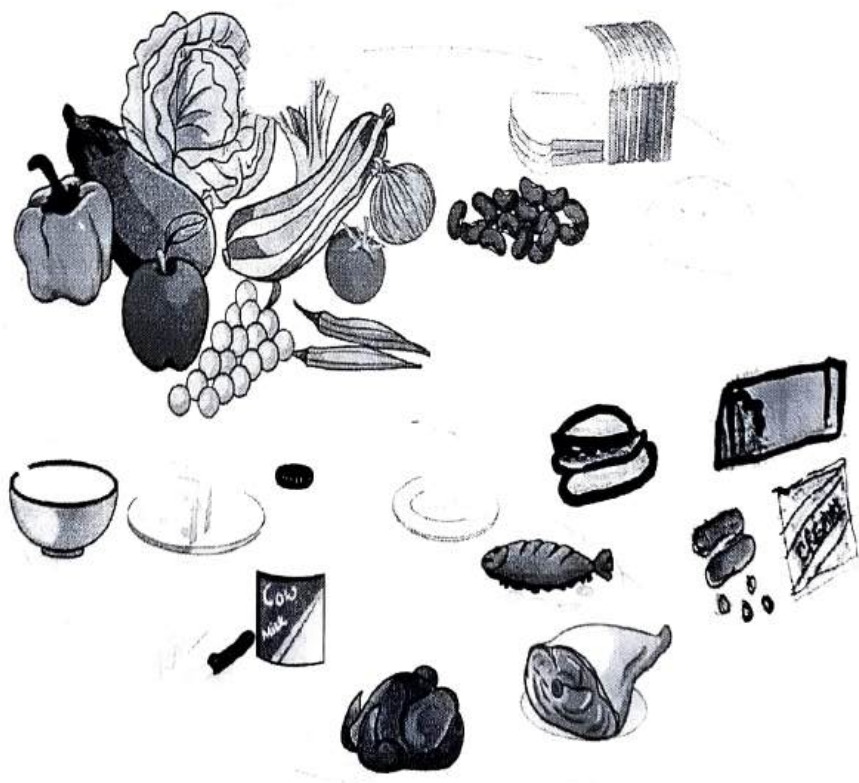
Type: Communicable
Examples: Common cold

Type: Non-Communicable
Examples: Goitre

LET'S OBSERVE

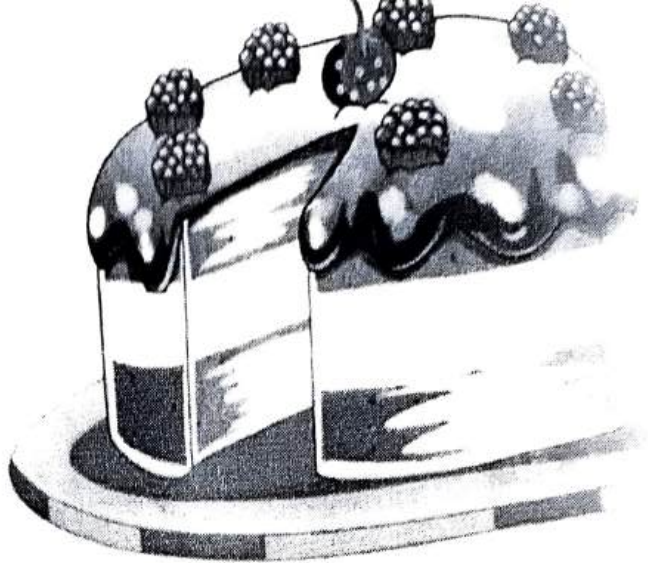


- Look at the picture that shows Gurmeet's diet. **LO 2**
 - Which nutrient is missing from Gurmeet's diet? Fat and sugar rich food
 - Draw any four foods rich in that nutrient in the missing section.



2. Look at the picture of a fruit cake given here. Name at least three food components present in it.

vitamin (strawberry)
Fat (cream, butter)
sugar



LET'S CONNECT



ENGLISH



Use the key words given below to write a descriptive paragraph on how Sahil caught typhoid after he ate *pav bhaji* at a roadside stall.

Key words: uncovered food, infected, flies, germs, spread
