

Chapter 7: Health and Hygiene

Worksheet 1

1. Fill in the blanks.

- (i) Pellagra is caused due to the deficiency of _____.
- (ii) Protein deficiency leads to _____.
- (iii) Lack of _____ results in diabetes.
- (iv) Rabies is caused by the bite of a _____ dog.

2. Give one word for the following.

- (i) The waste which decays easily
- (ii) An area where garbage is dumped
- (iii) Any disorder or discomfort in the body
- (iv) The state of complete physical, mental and social well-being.
- (v) Hypersensitive reaction of the body to some foreign substances.

3. Correct the statements by replacing wrong word(s).

- (i) DPT protects against tuberculosis.
- (ii) The regular high blood pressure is called angina.
- (iii) The process of converting wet waste into manure by microorganisms is called leaching.
- (iv) Taking care of one's own body is called hygiene.
- (v) Rheumatoid arthritis affects weight-bearing joints of the body.

4. Write the sources of the following.

- (i) Iodine
- (ii) Calcium
- (iii) Vitamin C
- (iv) Vitamin A

