

Chapter 3: Food and Health

Worksheet 1

1. Fill in the blanks.

- (i) Food fibres are called _____ .
- (ii) _____ are the components of food.
- (iii) The food we eat is called our _____ .
- (iv) *Dhokla* is a type of _____ food.
- (v) Kwashiorkor is caused due to deficiency of _____ in the body.

2. Write T for true and F for false statement.

- (i) Sprouts are the germinated seeds.
- (ii) Vitamins and minerals protect us from various diseases.
- (iii) Indian gooseberry contains plenty of vitamin B.
- (iv) Rickets is caused due to deficiency of vitamin A.
- (v) Milk is adulterated with honey.

3. Match the vitamins with their deficiency diseases.

Vitamins	Deficiency diseases
(i) Vitamin A	(a) Scurvy
(ii) Vitamin B	(b) Rickets
(iii) Vitamin C	(c) Beriberi
(iv) Vitamin D	(d) Night blindness

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Worksheet 2

1. Give one word for the following.

- (i) A diet which contains all nutrients in right amount
- (ii) A disease caused due to eating food rich in fats
- (iii) An adulterant used in vanaspati ghee
- (iv) A food which contains plenty of vitamin C
- (v) A disease caused due to lack of insulin hormone

2. Tick (✓) the habits which save us from diseases and Cross (X) the ones which make us sick.

- (i) Washing hands before eating food
- (ii) Eating junk food
- (iii) Taking good sleep
- (iv) Eating clean, fresh and covered food
- (v) Eating overcooked food

3. Answer these questions.

- (i) What is hypertension?
- (ii) Which vegetables are rich source of iron?
- (iii) Which disease is caused due to deficiency of iodine?
- (iv) What is adulteration?
- (v) What is healthy food?