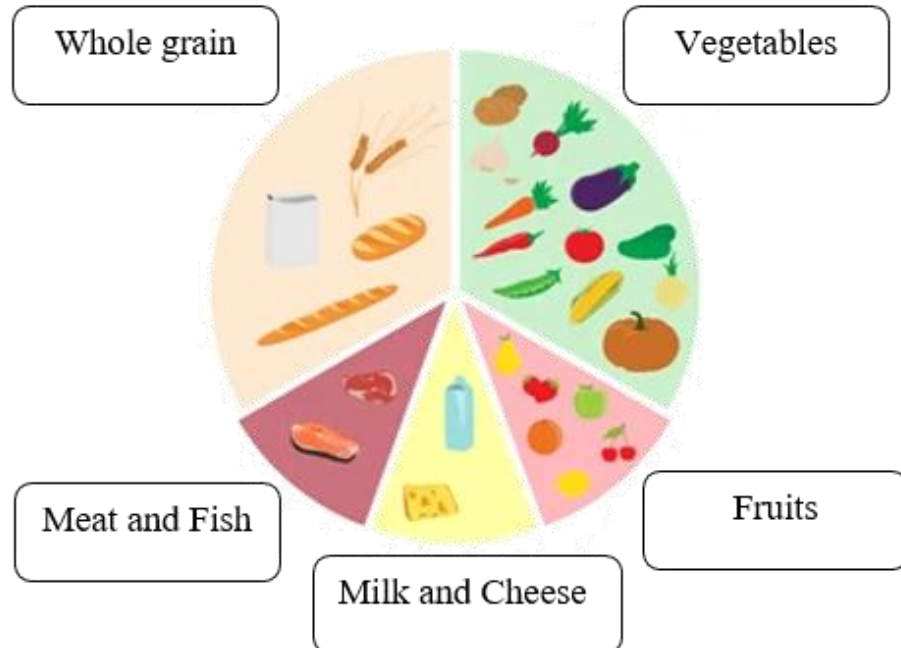


3. Write “T” for the true and “F” for the false statement.

- 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.






T
T
T
F
F

4. Label the Diagram:



5. Drag and Drop:

Look at the pictures and write their characters in the relevant column.

				
Vitamins	Minerals	Carbohydrates	Fats	Proteins

Description	Food Group
Best fuel of the body	Carbohydrates
Transports oxygen and nutrients	Proteins
Insulate body organs	Fats
Naturally occurring substances	Minerals
Required in small amounts to function and stay healthy	Vitamins

6. Comprehension

Fill in the blanks after reading the paragraph and observing the picture carefully.



Good health is a blessing from Allah, encompassing complete physical, mental, and social well-being. A disease is an abnormal condition affecting part or all of the body. Diseases are caused by factors like nutrient deficiencies, germs, or pollution. Preventing diseases involves maintaining a balanced diet rich in carbohydrates, proteins, fats, minerals, and vitamins, practicing good hygiene, getting vaccinated, and exercising regularly. Proper food preparation, such as washing hands and cooking food thoroughly, is essential for health.

i. Write some factors which can cause diseases.

Diseases are caused by factors like nutrient deficiencies, germs, or pollution.

ii. Define disease.

A disease is an abnormal condition affecting part or all of the body.

Concept check

1. Fill up:

We need to eat the right amount of proteins, fats, carbohydrates, and minerals.

2. Now use the four keywords you used in the blanks above to answer these questions.

i. Which three give us energy?

Ans. The three that give us energy are:

- Proteins
- Fats
- Carbohydrates

ii. Which one helps us to build and grow?

Ans. Proteins help us to build and grow.

iii. Which one has no food value but helps to move waste along?

Ans. Dietary fiber, a type of carbohydrate, has no caloric value but helps to move waste along.

iv. Which two can make us fat if we eat too much waste along?

Ans. Carbohydrates and fats can make us fat if we eat too much of them.

1. Choose the correct answer

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

2. Find the odd one out in each of the following:

- i. Milk, curd, cheese, jam, butter

The odd one out is **jam** because it is **carbohydrate**.

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

The odd one out is **carrot** because it is **red**.

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

The odd one out is **sugarcane** because it is **fiber**.

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

The odd one out is **onion** because it is **vegetable**.

- v. Influenza, cough, thalassemia, polio

The odd one out is **thalassemia** because it is **genetic disease**.

Put two words from the list into each column of the table below:

Eggs	Butter	Sunshine	Potato
Lemon	Nuts	Cereal	Chocolate

Proteins	Carbohydrates	Fats	Vitamins
Nuts Eggs	Cereal Potato	Butter Chocolate	Sunshine Lemon

4. Differentiate between contagious and non-contagious diseases. Write the names of a few diseases in the table below.

Contagious	Non-contagious
Polio	Cancer
Cough	Rickets

Answer the following short questions:

1. Why is maintaining good health important?

Ans. Maintaining good health is important because it keeps you strong and happy, so you can play and learn well.

2. Why is exercise important?

Ans. Exercise is important because:

- It makes our body strong.
- It helps us stay healthy
- It gives us energy to play and have fun.

3. What is the difference between contagious and non-contagious diseases?

Contagious diseases	Non-contagious diseases
The diseases which spread from one person to another are called contagious diseases.	The diseases which cannot spread from one person to another are called non-contagious diseases.

4. How can water be purified?

Ans. Water can be purified by using a filter, by chemical processes, or by boiling the water.

5. How can contagious diseases be spread?

Contagious diseases can be passed from an unwell person to a healthy person by touch or through the air or dirty water. Some communicable diseases are spread by animals

6. What do you mean by balanced diet?

A balanced diet means eating the right variety of foods in the right amounts.

7. List some methods of preventing common diseases and their transmission.

- Only drink clean water.
- Stay at home if you are unwell.
- Wash your hands regularly, especially before eating or touching your face.

Word Search

Milk	Fiber	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

1. Now here are some incomplete words. The vowels have been left out. Can you complete the words?

- i. B A CT E R I A
- ii. I NT E ST I N E
- iii. K I DN E Y
- iv. V I T A M I NS
- v. M I N E R A L

2. What are these scrambled words? Unscrambled them to reveal meal names.

CHUNL	Lunch
FASTKREAB	Breakfast
ERDNIN	Dinner
KSACN	Snack
EASFT	Feast