

Ls. 4 Food and Health

KWL Chart	
<div>What we know</div>	<div>What we want to know</div>

WORK SHEET -1 INTRODUCTION - NUTRIENTS.

I. Define:

1. Nutrients

The important substances in food which help to keep the body healthy are called nutrients.

II. See the food pyramid and label each food group.



From top: Fats proteins vitamins and minerals carbohydrates

III. Why is it important to have a diet, which has six major nutrients?

This is because some nutrients give us energy, some are essential for growth and some protect our body from diseases and keep us healthy.

WORK SHEET -2

Nutrients or food groups- Carbohydrates and fats

I. Fill in the blanks:

1. The food we eat daily is called our _____
2. Excessive intake of food rich in _____ make us obese.
3. _____ give us quick energy while _____ are source of stored energy
4. Excess intake of fatty food can lead to _____.

I. 1. Diet 2. Fats 3. Carbohydrates, fats, 4 . Obesity

II ANSWER THE FOLLOWING

1. Jan usually plays chess while Johnny plays football. Who will need more carbohydrates? Why?

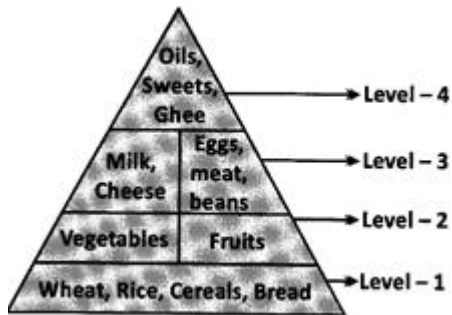
Ans Johnny as he needs more energy, which will be provided by carbohydrates.

2. Why is it important to eat carbohydrate-rich food?

Carbohydrates supply energy for all our daily functions. That is why it is important to eat carbohydrate rich foods.

II. Choose the correct answer.

1. The food items in level 1 are rich in



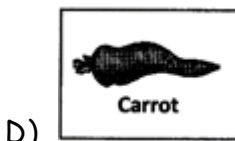
A) Fats.

B) Proteins.

C) Carbohydrates.

D) Minerals.

2. Which of the following types of food are called energy giving food?



3. Mrs. Kiran was on fast for the past two days, yet she is perfectly fine. Which of the following helped her to supply energy during these two days?

A) Vitamins present in the body

B) Minerals present in the body

C) Fats stored in the body

D) Fibre stored in the body

WORK SHEET -3

Nutrients or food groups- Proteins

I. Fill in the blanks

1. _____ are body building foods.
2. _____ and _____ are known as energy giving food.
3. Eggs and Meat are rich in _____.

1. Proteins 2. Carbohydrates, fats 3. Proteins

II. ANSWER THE FOLLOWING

I. Ria is 12 years old. Do you think she needs a protein-rich diet? Why?

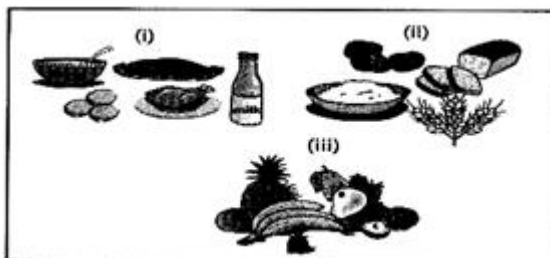
Yes, because proteins help in building new cells and aids in body growth.

II. Why is important to include protein in our diet?

This is because proteins are body-building foods and help in growth and repair of worn-out tissues.

III. Choose the correct answer.

Which of the following is/are rich in proteins?



A) Only (i)

B) Only (ii)

C) (i) and (iii)

D) (i), (ii) and (iii)

WORK SHEET -4

Nutrients or food groups-Vitamins and Minerals

I. Fill in the blanks

1. _____ keeps our body fit and enables us to fight diseases.

2. Vegetables and Fruits are also known as _____ food.

3. _____ mineral is needed to make our teeth and bones strong.

1. Vitamins and minerals 2. Protective 3. Calcium

II. Hema is a fussy eater. She does not like to eat fruits and vegetables.

What nutrient is she missing? How can it affect her health?

She will lack vitamins and minerals and will not be able to fight diseases.

III. How are calcium and iron important for the body?

- Calcium is needed for strong bones and teeth
- Iron helps in the formation of red blood cells.

IV. Choose the correct answer.

1. Which food item has protein, fat, and minerals?

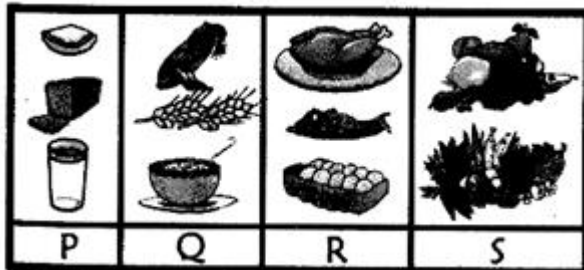
A) Milk

B) Fruits

C) Rice

D) Sugar

2. Which of the food items shown in the given picture are called protective foods?



A) P

B) Q

C) R

D) S

3. The figure given below shows food substances. Which of the following vitamins is present in the given substances?



A) Vitamin E

B) Vitamin D

C) Vitamin K

D) Vitamin C

WORK SHEET -5

Nutrients or food groups-Water and Roughage

I Define Balanced diet

A diet that has all nutrients in proper proportion is called a balanced diet.

II. John's mother makes sure he drinks at least 6 to 8 glasses of water

every day. Why?

- Water helps to keep the body cool and support normal body temperature.
- It helps to transport substances in the body.
- It also helps to remove waste from our body in the form of urine and sweat.

III. Roughage has no nutrient value; they are essential for our body. Why?

Roughage is a fiber present in the food, which helps in the removal of waste from the body.

WORK SHEET -6

Introduction of Communicable and Non-communicable diseases

I. Name any two of the following: -

1. Diseases spread through air _____, _____

2. Diseases spread through contaminated water and food

_____, _____

3. Diseases spread through insects _____, _____

4. Diseases spread through direct contact _____, _____

5. Disease that spread through lack of some deficiency of
nutrients _____

- | | | |
|---------------------------------------|-------------------------|------------------------------|
| 1. Common cold, viral fever, Covid-19 | 2. Cholera, typhoid | 3. Malaria, |
| amoebic dysentery | 4. Measles, chicken pox | 5. Non-communicable diseases |

II. Differentiate between communicable and Non - communicable diseases.

The disease that can be transferred from a sick to healthy person is called communicable disease.

The disease that cannot be transferred from a sick to healthy person is called non-communicable disease. These diseases are not caused by germs.

WORK SHEET -7

Communicable diseases that spread through air, food, and water.

I. True or False:

1. The germs of communicable diseases spread through contact, air, food, and water. _____

2. Measles, typhoid and influenza are non-communicable diseases.

3. A disease is a condition due to which the body is unable to function properly _____

1. True 2. False 3. True

II. Raghav is suffering from chickenpox, the doctor recommended that he stay at home. Why?



To control its spread as chicken pox is a communicable disease.

III. Stagnant water should not be there around the living areas. Why?1

Stagnant water is a breeding place for mosquitoes which can spread diseases like malaria, dengue etc.

WORK SHEET -8

Communicable diseases spread through insects, animals, and direct contact

I. Choose the correct answers:

1. Which of the following is caused by an infected dog?

- a. plague **b. rabies** c. cholera d. malaria

2. Which of the following diseases is not caused due to germs?

- a. rabies **b. arthritics** c. malaria d. cholera

3. Which of the following is spread by rat?

- a. jaundice b. obesity c. typhoid **d. plague**

4. Which of the following is spread by mosquito?

- a. chickenpox **b. malaria** c. ringworm d. heart

disease

II. Mention one diseases caused by insects, animals, and direct contact

1. Through air - Common cold
2. Through contaminated food and water- Cholera
3. Through insects and animals-Malaria, rabies
4. Through direct contact- Chickenpox

III. Choose the correct answer.

1. Which of the following causes influenza?

A) Virus

B) Bacteria

C) Algae

D) Fungi

2. Typhoid, malaria and chicken pox are

A) Communicable diseases.

B) Deficiency diseases.

C) Genetic diseases.

D) Non-communicable diseases.

3. Malaria is a disease that is spread by mosquitoes. Mosquitoes lay eggs in stagnant water. Which of the following methods would help to control the number of mosquitoes?

(i) Taking medicines that prevent malaria.
(ii) Put a thin film of oil on the surface of water in a big pool.
(iii) Keeping the surroundings dry.
(iv) Spraying chemical that kill insects.

A) Only (i)

B) Only (ii) and (iii)

C) Only (i), (ii) and (iii)

D) Only (ii), (iii) and (iv)

Worksheet -9

Non-Communicable disease

I. Match the following:

1. Beri-Beri Iodine 6

2. Rickets Vitamin A 3

- | | | |
|----------------------------|---|---|
| 3. Night Blindness Vitamin | B | 1 |
| 4. Anaemia Iron | | 4 |
| 5. Scurvy Vitamin | C | 5 |
| 6. Goitre Vitamin | D | 2 |

II. Name two foods rich in:

- | | |
|--------------|---------------|
| 1. Vitamin A | _____ , _____ |
| 2. Iodine | _____ , _____ |
| 3. Vitamin B | _____ , _____ |
| 4. Iron | _____ , _____ |
| 5. Vitamin C | _____ , _____ |
| 6. Vitamin D | _____ , _____ |

- | | | | |
|-----------------------------------|---------------------------|-----------------|---------------|
| 1. Carrot, Green leafy vegetables | 2. Sea food, Iodised salt | 3. Eggs, | |
| Groundnuts | 4. Spinach, Apple | 5. Orange, Lime | 6. Milk, Eggs |

III. Define

Deficiency diseases.

The disease caused due to lack of a particular mineral or a vitamin is called deficiency disease. E.g., Night blindness, beriberi, scurvy, goitre etc.

IV. Bruno is looking very weak and pale. He also gets tired easily.

What do you think his disease is and what is he deficient in?

He is anaemic and has deficiency of iron in his body.

IV. Choose the correct answer.

1. In humans, the deficiency of which of the following vitamins shows the symptoms given below?

The bones become
Soft and bent.

A) Vitamin C

B) Vitamin D

C) Vitamin A

D) Vitamin B

2. Match the following nutrients with their deficiency diseases.

	Nutrient		Deficiency disease
(p)	Vitamin D	1.	Scurvy
(q)	Vitamin A	2.	Rickets
(r)	Vitamin B	3.	Night blindness
(s)	Vitamin C	4.	Beriberi

A) p-1, q-2, r-3, s-4

B) p-2, q-3, r-4, s-1

C) p-4, q-2, r-3, s-1

D) p-3, q-1, r-2, s-4

3. Ramu was not keeping well. The doctor found that Ramu was not using iodised salt in his meal and the deficiency of iodine in his body led to the disease named

A) Rickets

B) Scurvy

C) Goitre

D) Neurosis

4. Which of the following vitamins prevents bleeding gums or scurvy?

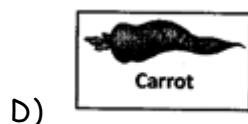
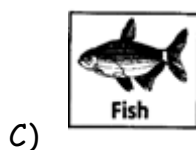
A) Vitamin B

B) Vitamin C

C) Vitamin K

D) Vitamin D

5. Which of the following types of food should be consumed to reduce the risk of scurvy?



6. Which of the following is not a communicable disease?

A) Measles

B) Malaria

C) Typhoid

D) Goitre

Worksheet -10

Ways to Prevent Diseases

I. Unscramble the letters to spell a word using the hint.

1. Letters: e, g, m, r Word: _____

This word is a noun. This may not be seen, but it can make you sick!

2. Letters: a, g, i, m, n, o, r, s Word: _____

This word is a noun that ends with the suffix "-ism." This refers to an individual form of life.

3. Letters: c, e, f, i, i, n, o, s, t, u Word: _____

This word is an adjective. This can be used to describe a germ that spreads from person to person.

4. Letters: c, e, f, i, n, t Word: _____

This word is a verb. Germs do this to people and cause diseases.

5. Letters: a, i, m, n, r, s, t, t Word: _____

This word is a verb having the prefix "-Trans." This describes the action when a germ is moved from one person to another.

6. Letters: a, i, i, m, n, n, o, r, s, s, s, t Word:

This word is a noun. This happens not only to germs but also to radio waves.

7. Letters: a, d, e, e, i, s, s Word: _____

This word is a noun. Some of this can be prevented by eating healthily
anexercising daily.

8. Letters: m, m, o, p, s, t, y Word: _____

This word is a noun. A common cold shows this as a cough, sore throat,
sneezing, headache, slight fever, runny nose, etc.