



PUBLIC SCHOOL DARBHANGA
Session 2020-21
Science
Food and Health
Worksheet-1

Question 1: Fill in the blanks: -

- a) Our body needs _____, protection from diseases, regular exercise and _____ to keep fit.
- b) Our food should have enough _____ to get rid of undigested food.
- c) We must play _____ games to keep our body fit.
- d) _____ and _____ are caused by bacteria.
- e) _____ is a virus that attacks the immune system of the patient and leads to death.

Question 2: Answers the following questions: -

- a) What is a deficiency disease?
- b) Name a disease caused by the lack of iron in food?
- c) What is a communicable disease?
- d) Which diseases are caused by eating contaminated food?
- e) Name three diseases for which you have been vaccinated.

Question 3: Answers the following questions: -

- a) What is meant by pasteurization of milk?
- b) Explain two ways of controlling communicable diseases.

Answers Key

Question 1:

- a) Energy, balance diet
- b) Roughage
- c) Outdoor
- d) Plague, typhoid
- e) H.I.V

Question 2:

- a) The lack of particular minerals or vitamins in the body also causes diseases. They are called deficiency diseases
- b) Goiter
- c) Diseases which can spread from one to another person are called communicable diseases.
- d) Diseases like typhoid, cholera, diarrhea, polio and jaundice spread by eating contaminated food.
- e) Diphtheria, cholera, typhoid.

Question 3:

- a) Germs in the milk are killed by pasteurization. The milk is heated at a high temperature for at least half an hour and then cooled down quickly. This kills harmful bacteria.
- b) The two ways of controlling communicable diseases are-
 - i. Germs of certain diseases stay on articles like clothes, combs, towels and toys used by a patient. All such articles, including the lines and clothing, must be disinfected or boiled to kill the germs.
 - ii. The floor and the walls of the room must be sprayed with a disinfectant.