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LESSON- 3 Food and health

Prepared on : _____

I. Key words

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| 1. Repair | 9. Nourishment |
| 2. Infant | 10. Prescribed |
| 3. Degenerative | 11. Communicable |
| 4. Asthma | 12. Transmitted |
| 5. Sanitation | 13. Protozoa |
| 6. Nutrients | 14. Dysentery |
| 7. Carbohydrates | 15. Diphtheria |
| 8. Roughage | 16. Tetanus |
| | 17. Contagious |

II. Pre activity:

Make a table and list some common communicable diseases.

III. Name the following.

1. List all nutrients needed by our body.

Ans: Carbohydrates, Fats, Proteins, Vitamins, Minerals, Roughage and Water.

2. Write the names of any three sources of protein.

Ans: Milk, meat and eggs.

3. Name any three communicable diseases.

Ans: Measles, Chicken Pox, Common Cold.

4. Name any one incurable disease.

Ans. Tuberculosis

5. Name an indigestible nutrient present in our body.

Ans. Roughage or Fibre.

IV. Short answer questions.

1. Write a short note on proteins.

Ans. Proteins help in the growth of the body. So, they are called the body building nutrients. They also help in repairing of the damaged cells and in healing small cuts and wounds. Pulses, milk, meat, chicken, fish, egg, etc. are rich sources of proteins. Soyabean contains the highest amount of protein amongst all the pulses.

2. Which nutrients are called energy-giving nutrients? Give examples.

Ans: Carbohydrates and fats are known as energy-giving nutrients as they provide our body with energy to work and play. Cereals, sugar and potatoes are rich sources of carbohydrates. Nuts, cheese and oil are rich sources of fat.

3. If we do not exercise regularly how will our body be affected?

Ans: If we do not exercise, our muscles end up not being used for a long time. This causes them to become weak and loose. To develop and tone up the muscles, we need to exercise regularly. Physical exercise helps maintain our health and fitness.

4. What are the benefits of exercising for the human body?

Ans. Physical exercise is considered to have the following benefits:

- It makes our heart and muscles strong and also improves the overall blood circulation.
- It improves the flexibility of our joints.
- It makes us feel fresh and active.
- We develop a good posture and a better appearance.
- Our nervous system benefits from exercising and extra blood gets pumped to the brain.

5. What are the advantages of washing vegetables before cutting them?

Ans. Vegetables must be always washed before cutting because if we wash the already cut vegetables, it washes away Vitamin B and Vitamin C from them.

V. Long answer questions.

1. What is a balanced diet? What is it composed of?

Ans: One type of nutrient group cannot give us all the nutrients that are needed by our body. This is why we must make it a habit to eat different types of food every day. A diet that contains all the nutrients in the correct amount, as required by the body is known as a balanced diet.

2. List the differences between non-communicable and communicable diseases.

Ans: Those diseases, which do not spread from one person or animal to another are called non-communicable diseases. They are caused when there is a deficiency of any particular nutrient in our diet. Hence, they are also called the deficiency diseases. Anaemia and Night Blindness are examples of non-communicable diseases. Diseases that can spread from one person to another are called communicable diseases. Living organisms like viruses, bacteria, protozoa, fungi, and insects can cause these diseases. Measles and Polio are examples of communicable diseases.

3. What are the ways in which you can avoid the spread of communicable diseases?

Ans . Following are some of the ways by which we can avoid the spread of communicable diseases:

- Our homes should be airy and open to sunlight as they naturally disinfect the house and kill the germs in the air.
- We must sweep our homes every day. We must also keep our kitchen clean, as food is cooked over there.
- We must always keep our toilets and bathrooms clean.
- We must not eat food that is uncovered.
- Whenever possible, we must expose our bedding and clothes to the sun.
- Others should not use clothes, towels, dishes, etc. used by a patient. All such articles must be disinfected or immersed in boiling water to sterilize it.
- Till children recover from diseases like mumps, measles, chickenpox, etc., they must not be sent to school.

- We should also built up our immunity against diseases. We can acquire immunity against certain diseases as a way of protecting ourselves from them. This is done through a process called vaccination.

4. How can non-communicable diseases be prevented?

Ans. Taking nutrients as food supplements can cure non-communicable diseases. Eating a balanced diet can be a preventive measure for non -communicable diseases.

5. Why is water important for body?

Ans. Our body needs water, although it is not a nutrient. Water comprises 70 percent of our body. It also helps in absorbing nutrients and excreting waste from our body. The body temperature is regulated by it. Water is needed for most of the reactions that take place in our body and for us to live. This is because water is a very good solvent for many minerals and vitamins. We should drink 6 to 8 glasses of water a day.

VI. HOTS

1. Doctors always recommend a low-fat and high-protein diet, when a person is trying to lose weight. Why?

Ans: Proteins help in the growth of the body. So, they are called the bodybuilding nutrients. They are helpful for a person who is trying to exercise and lose weight. On the other hand, having too much fat is harmful for the body. It adds to the body weight. Thus, doctors recommend low fat and high protein diet for people trying to lose weight.

2. Your elders must be having circular injection marks on their arms. What are those? When did they get those marks? Do you also have one?

Ans: The circular injection marks are caused by vaccinations. We do not have it as advanced methods of vaccination have emerged over the years that do not leave any marks on the body.

3. You notice a child with bent weak legs. What could be the possible reason? Which type of diet would you recommend for him?

Ans. The child having bent weak legs is likely to be suffering from rickets. It is caused due to the deficiency of Vitamin D. Sunlight and mushrooms are rich sources of Vitamin D. A person suffering from rickets must also consume food items rich in calcium and phosphorous. Milk and milk products are advisable.

VIII. Post activity: Prepare a table of deficiency diseases.