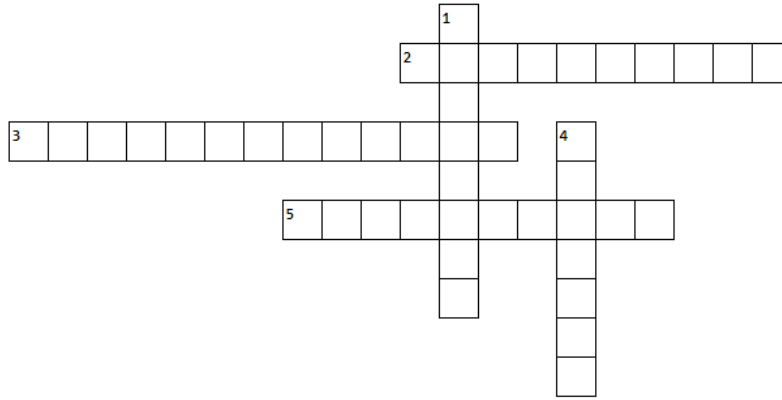


1. Crosswords



| Across | Down |
|--|---|
| 2. method of purification of water | 1. substances naturally formed in the Earth |
| 3. provide energy quickly | 4. building block of body |
| 5. diseases that can spread from one person to another | |

2. Columns

| Column A (Food groups) |
|---------------------------|
| Carbohydrates ● |
| Fibers ● |
| Fats ● |
| Proteins ● |
| Vitamins & Minerals ● |

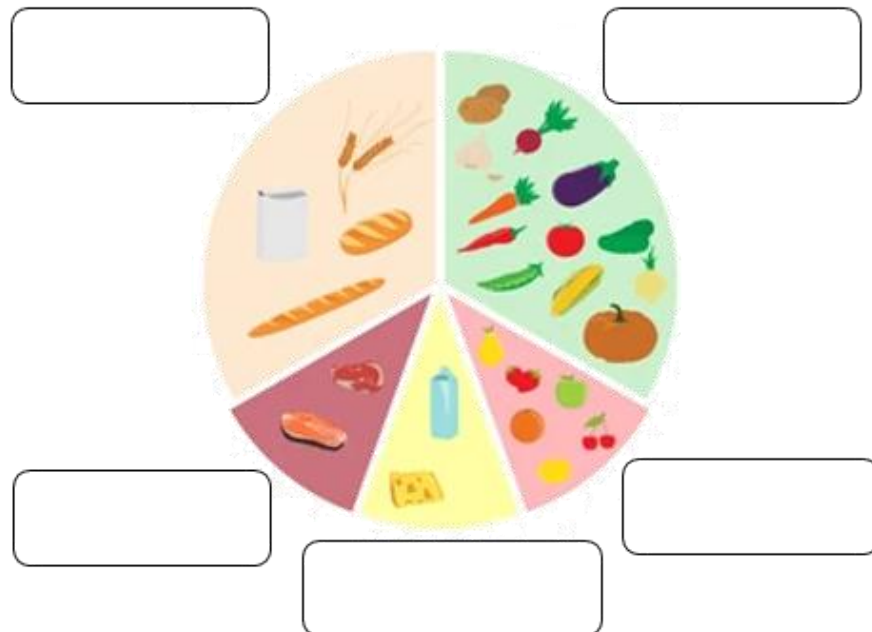
| Column B (Functions) |
|------------------------------------|
| ● Body building food |
| ● Source of quick energy |
| ● Needed for proper body functions |
| ● Clean digestive system |
| ● Keep our body warm |

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.






| |
|--|
| |
| |
| |
| |
| |

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.

ii. Define disease.

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 |
|----------|---------------|------|----------|
| | | | |

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

| Contagious | Non-contagious |
|------------|----------------|
| | |
| | |

Answer the following short questions:

1. Why is maintaining good health important?

2. Why is exercise important?

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

| Contagious diseases | Non-contagious diseases |
|---------------------|-------------------------|
| | |

4. How can water be purified?

5. How can contagious diseases be spread?

6. What do you mean by balanced diet?

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

Topic: Word Search (page no. 48)

| | | | |
|-------|---------------|---------|-----------|
| 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 _ CT _ R _
- ii. _ NT _ ST _ N _
- iii. K _ DN _ Y
- iv. V _ T _ M _ NS
- v. M _ N _ R _

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

| | |
|-----------|--|
| CHUNL | |
| FASTKREAB | |
| ERDNIN | |
| KSACN | |
| EASFT | |