



I. Read the passage given below and provide answers to the questions that follow.

 **Stay Healthy, Stay Strong!**

During the EVS class, the teacher encouraged the students to take care of their health. She explained that some children often feel tired, have weak teeth, or look pale because they are not eating enough healthy food. This condition is called malnutrition, and it leads to deficiency diseases. These diseases are caused by the lack of important nutrients such as carbohydrates, proteins, vitamins and minerals in our diet.

She also explained that Vitamin A keeps our eyes healthy, and its lack causes night blindness. Vitamin C helps heal wounds, and its lack causes scurvy. Vitamin D makes our bones strong and prevents rickets, while Vitamin B keeps our nerves healthy and prevents beriberi. Iron keeps our blood strong and prevents anaemia, and iodine helps our thyroid gland work properly, preventing goitre. Lack of proteins causes Kwashiorkor, and lack of proteins, fats, and carbohydrates leads to Marasmus.

The students learned an important lesson: eating a balanced diet is the key to good health and it prevents diseases and helps us grow properly. Fresh fruits, vegetables, milk, eggs, and green leafy vegetables make our bodies strong and full of energy. Drinking plenty of water, playing outdoors, sleeping well and staying active help us grow healthy and happy.

A. Fill in the blanks:

1. The condition caused by a lack of proper food and nutrients is called _____
2. Lack of Vitamin D causes _____
3. Iron helps our blood stay strong and prevents _____

B. Read the statements carefully. Draw 😊 if the statement is correct, and draw 😞 if the statement is false.

1.	Fresh fruits, vegetables, milk, eggs, and green leafy vegetables make our bodies strong and full of energy.	
2.	Deficiency diseases are caused by the lack of nutrients in our diet.	
3.	Drinking plenty of water, playing outdoors, sleeping well, and staying active do not help us grow healthy and happy.	

C. Why is it important to take care of your body and eat a balanced diet? (Any two points)

II. Given below are some application-based questions. Think well and answer them.

1. Mr. Rohan is experiencing pain while eating and cannot chew his food properly. His gums are swollen and bleeding. The doctor said he is suffering from a deficiency disease. Can you name the disease and the nutrient he is lacking?



Ans: Disease: _____

The nutrient he is lacking is _____

2. When Rina went to a health centre, she saw a child whose abdomen was swollen and bulged out, with very thin legs. She identified that the child was suffering from a disease called _____ which is caused due to the lack of _____.



3. Anaemic patients feel tired as their blood carries less oxygen in the body. Which of the following is the reason for the blood to carry less oxygen?

- a. Lack of calcium in the body
- b. Lack of iron in the body
- c. Lack of vitamin C in the body
- d. Lack of protein in the body



Ans: _____

4. Ms. Ayesha told her doctor that she has trouble seeing clearly when it gets dark.

a. What is this condition or disease called?



Ans: _____

b. Which important nutrient is she missing that is causing her to have trouble seeing in the dark?

Ans: _____

c. Which of the following foods would the doctor recommend to help overcome this problem?

- a. Apple
- b. Carrot
- c. Banana
- d. Tomato

Ans: _____