

**Worksheet 3****Ch:3 (Food, Health & Hygiene)****Q1. Complete the table:**

S.No.	Nutrient	Sources	Deficiency disease
1.	Vitamin A		
2.	Vitamin B		
3.	Vitamin C		
4.	Vitamin D		
5.	Calcium		
6.	Iodine		
7.	Iron		

**Q2. What are the benefits of regular exercise?**


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**Q3. Classify the following as communicable and non-communicable diseases.**

S.No.	Name of the disease	Communicable/Non-communicable
1.	Goitre	
2.	Malaria	
3.	Scurvy	
4.	Anaemia	
5.	Dengue	
6.	Rickets	
7.	Plaque	
8.	Cancer	
9.	Beri Beri	
10.	Cholera	

**Q4. Define the following terms:--**

**a) Nutrients:** \_\_\_\_\_

\_\_\_\_\_

**b) Balanced diet:**

\_\_\_\_\_

\_\_\_\_\_

**Q5. Paste a small picture of balanced diet.**

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