

Lesson No 8 Food and Health (FA-3)

**Q1. Fill in the blanks:**

1. .... helps to fight diseases.
2. Vaccines are made of small quantities of ..... or germs.
3. The full form of D.T.P is ..... and .....
4. The vaccination of measles is given when the baby is ..... old.
5. Disease can also spread through ..... in the soil.
6. .... are the smallest micro organism.
7. The swelling of the throat gland .....

**Q2. Name the following:**

1. 5 kinds of nutrients .....
2. Three kinds of food .....
3. Two kinds of diseases .....
4. Three kinds of microbes .....
5. Four kinds of vitamins .....

**Q3. Match the following:**

- |                 |   |
|-----------------|---|
| 1. Roughage     | It helps to recover the cells of our body and gives rest to our body. |
| 2. Sleep        | It helps to keep our body fit.  |
| 3. Balance Diet | It helps to get rid of undigested food.                               |
| 4. Exercise     | It helps to keep our body healthy.                                    |