

III. Give two examples for each of the following:

1. Sources of carbohydrates _____ , _____
2. Sources of proteins _____ , _____
3. Sources of fibre _____ , _____
4. Infectious diseases _____ , _____
5. Deficiency disease _____ , _____

IV. Name the disease one is likely to suffer due to the deficiency of the following

1. Vitamin A _____
2. Vitamin D _____
3. Iron _____
4. Calcium _____
5. Iodine _____

V. Name any one method of preserving the following food items.

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|---------------------------|-----------------|
| 1. Fish & meat _____ | 4. Nuts _____ |
| 2. Raw mango pieces _____ | 5. Fruits _____ |
| 3. Milk products _____ | |

VI. Give reasons:

1. Jay usually plays chess and John plays football. John will need more carbohydrates than Jay.

2. Uma is suffering from chicken pox. Her mother does not allow her to play outside with her friends.

3. We should wash hands before and after eating food.
