

## UNIT 6 - HEALTH AND HYGIENE

Class: VI

Subject: Science

### I. Choose the correct answer.

1. Our body needs \_\_\_\_\_ for muscle building.  
a) carbohydrate      b) fat      **c) protein**      d) water
2. Scurvy is caused due to the deficiency of \_\_\_\_\_.  
a) Vitamin A      b) Vitamin B      **c) Vitamin C**      d) Vitamin D
3. Calcium is an example for  
a) carbohydrate      b) fat      c) protein      **d) minerals**
4. Bacteria are very small \_\_\_\_\_ microorganism.  
**a) prokaryotic**      b) eukaryotic      c) protozoa      d) a cellular
5. We should include fruits and vegetables in our diet, because \_\_\_\_\_.  
a) they are the best source of carbohydrates  
b) they are the best source of proteins  
**c) they are rich in minerals and Vitamins**  
d) they have high water content

### II. State True or False. If false, write the correct statement.

1. There are **Six** main nutrients present in food. **False**
2. Fats are stored as energy by our body. **True**
3. **Some** bacteria have flagella. **False**

4. Iron helps in the formation of haemoglobin.

True

5. Virus can grow and multiply **inside** host.

False

### III. Fill in the blanks.

1. Malnutrition leads to **deficiency disease**.

2. Iodine deficiency leads to **goitre** in adults.

3. Vitamin D deficiency causes **Rickets**.

4. Typhoid is transmitted due to contamination of **food** and water.

5. Influenza is a **viral** disease.

### IV. Complete the analogy.

1. Rice : Carbohydrate :: Pulses : **Proteins**.

2. Vitamin D : Rickets :: Vitamin C : **Scurvy**.

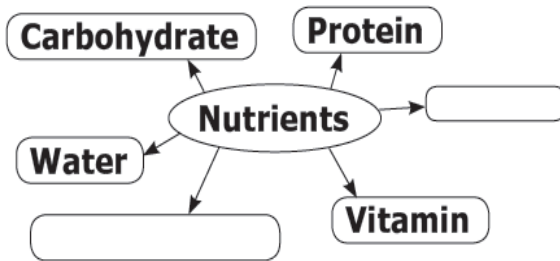
3. Iodine : Goitre :: Iron : **Anaemia**.

4. Cholera : Bacteria :: Smallpox : **Virus**.

### V. Match the following.

1. Vitamin A	-	a. Rickets	4
2. Vitamin B	-	b. Night blindness	1
3. Vitamin C	-	c. Sterility	5
4. Vitamin D	-	d. Beri beri	2
5. Vitamin E	-	e. Scurvy	3

## VI. Complete the diagram



**Ans : Fat, Minerals.**

## VII. Answer very briefly.

**1. Write two examples for each of the following.**

a) Food items rich in fat.

**Egg yolk, Meat.**

b) Vitamin deficiency diseases.

**Vitamin C – Scurvy.**

**Vitamin D – Rickets.**

**2. Differentiate between carbohydrate and protein.**

	<b>Form of Carbohydrates</b>	<b>Sources</b>
1	Sugar	Fruits, Honey, Cane Sugar, Beetroot
2	Starch	Rice, Maize, Potato, etc
3	Dietary fibre	Whole grain, nuts etc

**Carbohydrates** are energy giving component of the food.

We can obtain carbohydrates in the form of sugar, starch and dietary fibres.

## **Protein**

Proteins are necessary for our growth as well as for regulating various body functions such as digestion.

The sources of proteins are pulses, eggs, fish, milk, chicken, soya bean, nut, grams etc, Proteins are body building foods.

### **3. Define balanced diet.**

A diet should contain adequate amount of all the necessary nutrients required for healthy growth and activity.

### **4. Why should fruits and vegetables not be washed after cutting?**

We should not wash the fruits and vegetables after cutting , because the minerals and protein in the fruits and vegetables also washed be away.

### **5. Mention any two viral diseases.**

Aids, Hepatitis.

### **6. What are the main features of a microorganism?**

Micro organism will be seen with the help of microscope. They are very small in size.

## **VIII. Answer in details.**

1. Tabulate the vitamins and their corresponding deficiency diseases.

<b>Vitamin</b>	<b>Sources</b>	<b>Disease deficiency</b>	<b>Symptoms</b>
Vitamin A	Fish oil, Egg, Milk, Ghee, Carrot, Corn, Yellow fruits, Greens	Night blindness	Poor vision, difficulty of sight in dim light.
Vitamin B	Whole grain, Unpolished rice, Milk, Fish, Meat, Peas, Lentils Green vegetables	Beriberi	Nerve weakness, Fatigue.
Vitamin C	Oranges, Gooseberry, Green chilly, Tomato	Scurvy	Bleeding gums
Vitamin D	Fish oil, milk and eggs. It is also produced by our skin using sunlight	Rickets	Weak and flexible bones
Vitamin E	Vegetable oils, Green vegetables, Whole wheat, Mango, Apple, Greens	Nerve weakness, Vision deterioration	Sterility, lack of resistance power to illnesses
Vitamin K	Green vegetables, Tomato, Cabbage, Eggs, Milk products.	Weakness of the bones, teeth etc.	Profuse bleeding after a small injury

AAMS