AL-REEYADA INTERNATIONAL SCHOOL

MAHASEN ARAMCO, AL-AHSA, KINGDOM OF SAUDI ARABIA

WORKSHEET 1: FOOD AND HEALTH

NAME: _____ **CLASS:** _____ **DATE:** _____

I. Multiple choice.

Direction: Write the correct answer using a letter from multiple-choice from the following questions.

_____1. Which of the following nutrients is important for body, cell, and muscle growth and repair?

a) vitamins b) fats
c) proteins d) carbohydrates.

_____2. Iron belongs to what kinds of nutrients?

a) Vitamin b) Mineral c) Carbohydrate d) Fat

_____3. Which of the following is not a good posture?

a b c

_____4. If you have weak bones and teeth, you are deficient in what mineral?

a. Iron b. Calcium c. Phosphorus c. Iodine

_____5. What do you call the disease that we can get from a lack of proper nutrients?

a. Infectious disease b. Deficiency disease
c. Communicable diseases d. Contagious disease

_____6. Which one is not an example of the cereal group?

a. b. c. d.

_____

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II. A. Identify and write the correct answer from the given sentences or phrases below.

1. The disease that spreads from one person to another is called
2. Name the chemical used to kill insects -
3. An insect that carries malaria disease is called
4. _____ are dead or weak substances or germs of a particular disease.
5. An infectious disease and food spoilage are caused by what organisms?
   Answer:
6. When your body is capable of fighting any harmful germs and adapting to the environment, it means your body will get
   Ans:
7. Germs of diseases such as _____ get into your body through wounds or cuts in the skin.
8. It is a method of preservation where water is removed from the food to preserve the nutrients in it.
   Ans:
9. What disease is caused by air pollution?
   Ans:
10. Which chemical is used to kill germs

B. Pick the odd one out. Write your answer before the number.

_____1. Conjunctivitis, diarrhoea, Tetanus, Anaemia
_____2. Milk, rice, cheese, curd.
_____3. Salting, sweetening, baking, pickling
_____4. Oil – vinegar – water – salt
_____5. Asthma, cough, allergy, obesity.

C. Match the words in the two columns. Write your answer before the number. Letter only.

A	**B**
_____1. Protein	a. An eye disease
_____2. Vitamin B1	b. a carrier of the germs
_____3. Sloughing	c. It helps to eliminate waste from the body.
_____4. Conjunctivitis	d. It helps you to grow and make muscles
_____5. Roughage (Fibre)	e. It helps your nerves and heart for proper functioning.
	f. Improper position of the body.

III. A. Define the terms listed below: (Answer may vary)

1. Define Allergy
Ans:

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2. Define Nutrients
Ans:

B. Answer the following questions with your own understanding.
1. Why do we need to preserve food?

2. How can we prevent non-infectious diseases?

C. Identify the following nutrients from the images below:

a. Name:
b. Nutrients:
c. Function:

a. Name:
b. Nutrients:

c. Function:
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