

Chapter – 6

Food for Good Health

Work sheet (Fill in the blanks & Matching)

1. Fill in the blanks with appropriate words:

- a) A balanced diet provides us some essential _____ to stay healthy.
- b) Food demand varies according to age and _____.
- c) Lack of nutrition causes infection and poor _____.
- d) Children suffering from _____ and developmental problem.
- e) Eating too much food may cause _____ issues.
- f) Taking proper amount of food from each food groups is known as a _____ diet.
- g) People who do _____ work need more food.
- h) Without proper nutrition our body becomes more _____ to diseases.
- i) Food preservation makes the _____ food available throughout the year.
- j) People use many _____ methods to preserve food.
- k) Pickles are processed from fruits and preserved in _____ pot.
- l) Food preservation can slow down the _____ of food.
- m) Food preservation prevent the growth of _____.
- n) Food preservation makes easy to _____ food to far places.
- o) Sometime too much nutrients are not _____ for our health.
- p) Artificial colour makes food more appealing and _____.
- q) Formalin is used for _____ foods.
- r) Carbide is used for _____ foods.
- s) Food _____ a lot of salt, sugar and fat is called junk food.
- t) Junk foods are delicious but it does not have any _____ value.
- u) Eating too much junk food may cause nutritional _____.

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2. Match column A with column B and write down the correct sentences on your answer scripts:

Column- A	Column-B
a) A balanced diet means	1)suffering from malnutrition and developmental problems
b) Without proper nutrition	2)food may cause obesity
c) People who do laborious	3)means food kept away from spoilage
d) Rice, wheat, pulses	4)is used to preserve olives, plums, etc
e) We can use	5)the seasonal food available throughout the year
f) Fish, meat, vegetables and dairy products	6)burger, chips, cakes, pizza etc
g) Junk food contains	7)with food to make them appealing
h) Junk food does not have	8)is used for ripening fruits and extend its durability
i) Formalin is used to preserve	9)nutritional deficiencies, overweight and obesity
j) Chemicals such as carbide	10)diseases such as dysfunction of liver and kidney
k) Eating too much junk food causes	11)in three ways
l) Food containing chemicals can cause many	12)proper amount of food from each food groups
m) We can preserve food	13)fish, meat, fruits etc
n) Artificial colours are mixed	14)any nutritional value
o) Junk Foods are	15)too much salt, sugar and fat
p) Food preservation makes	16)are frequently contaminated with bacteria
q) Vinegar, oil	17)salt for preserving fish.
r) Food preservation	18)can be preserved by sun drying
s) Eating too much	19)work need more food
t) Without proper nutrition children	20)our body becomes prone to diseases

Answer

1. Fill in blanks with appropriate words:

a) Nutrients	b) Work	c) Performance	d) Malnutrition	e) Overweight	f) Balanced	g) Laborious
h) Prone	i) Seasonal	j) Airtight	k) Airtight	l) Spoilage	m) Bacteria	n) Transport
o) Necessary	p) Desirable	q) Preserving	r) Ripening	s) Containing	t) Nutritional	u) Deficiencies.

2. Match column A with column B and write down the correct sentences on your answer scripts:

- a) A balanced diet means proper amount of food from each food groups
- b) Without proper nutrition our body becomes prone to diseases.
- c) Without proper nutrition children suffering from malnutrition and developmental problems.
- d) Eating too much food may cause obesity.
- e) People who do laborious work need more food.
- f) Food preservation means food kept away from soilage.
- g) Rice, wheat, pulses can be preserved by sun drying.
- h) We can use salt for preserving fish
- i) Vinegar, oil is used to preserve olives, plums, etc.
- j) Fish, meat, vegetables and dairy products are frequently contaminated with bacteria.
- k) Food preservation makes the seasonal food available throughout the year.
- l) Junk Foods are burger, chips, cakes, pizza etc.
- m) Junk food contains too much salt, sugar and fat.
- n) Junk food does not have any nutritional value.
- o) Artificial colours are mixed with food to make them appealing.
- p) Formalin is used to preserve fish, meat, fruits etc.
- q) Chemicals such as carbide is used for ripening fruits and extend its durability.
- r) Eating too much junk food causes nutritional deficiencies, overweight and obesity.
- s) We can preserve food in three ways.
- t) Food containing chemicals can cause many diseases such as dysfunction of liver and kidney.