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Under the aegis of SITARAM SINGH EDUCATIONAL & CHARITABLE TRUST

Lesson – 2

Eat Healthy and Live Healthy

➤ Word Meaning

1. **Nutrients:** पोषक तत्व
2. **Proteins:** प्रोटीन
3. **Carbohydrates:** कार्बोहाइड्रेट
4. **Fats:** वसा
5. **Vitamins:** विटामिन
6. **Minerals:** खनिज
7. **Roughage:** रूक्षांश
8. **Dietary fibres:** आहार फाइबर
9. **Energy:** ऊर्जा
10. **Growth:** विकास
11. **Tissues:** ऊतक
12. **Immune system:** प्रतिरक्षा प्रणाली
13. **Digestive system:** पाचन तंत्र
14. **Intestines:** आंतें
15. **Heartbeat:** धड़कन

16. **Nourishment:** पोषण
17. **Absorption:** अवशोषण
18. **Function:** कार्य
19. **Essential:** आवश्यक
20. **Balanced diet:** संतुलित आहार
21. **Disease:** बीमारी
22. **Communicable:** संक्रामक
23. **Non-communicable:** गैर-संक्रामक
24. **Deficiency:** कमी
25. **Germ:** कीटाणु
26. **Microorganisms:** सूक्ष्मजीव
27. **Bacteria:** जीवाणु
28. **Viruses:** विषाणु
29. **Fungi:** कवक
30. **Infection:** संक्रमण
31. **Symptom:** लक्षण
32. **Night blindness:** रतौंधी
33. **Beriberi:** बेरीबेरी
34. **Scurvy:** स्कर्वी
35. **Rickets:** रिकेट्स
36. **Goitre:** घेंघा
37. **Anaemia:** एनीमिया
38. **Vision:** दृष्टि
39. **Weakness:** कमजोरी

40. **Shortness of breath:** सांस फूलना

41. **Cereals:** अनाज

42. **Fortified:** संवर्धित

43. **Lentils:** दालें

44. **Spinach:** पालक

45. **Citrus fruits:** खट्टे फल

46. **Seafood:** समुद्री भोजन

47. **Iodised salt:** आयोडीन युक्त नमक

48. **Seaweed:** समुद्री शैवाल

49. **Whole grains:** साबुत अनाज

50. **Sprouts:** अंकुरित अनाज

51. **Yoghurt:** दही

52. **Cucumber:** खीरा

53. **Cabbage:** पत्ता गोभी

54. **Okra:** भिंडी

55. **Sweet potatoes:** शकरकंद

56. **Environment:** पर्यावरण

57. **Condition:** स्थिति

58. **Normal:** सामान्य

59. **Variety:** विविधता

60. **Abundantly:** प्रचुर मात्रा में

A. Tick (✓) the correct option.

1. What helps in fighting against germs?

- Answer: d) Vitamins

2. **Goitre is caused due to lack of:**

- **Answer: a) Iodine**

3. **Which of the following is rich in carbohydrates?**

- **Answer: a) Rice**

4. **What mineral is needed to prevent anaemia?**

- **Answer: a) Iron**

5. **Which of the following is a non-communicable disease?**

- **Answer: c) Heart disease**
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B. Fill in the blanks.

1. Mineral like calcium is found in **dairy** products such as milk and cheese.
 2. A balanced diet includes foods from all **food groups** in the right amounts.
 3. **Communicable** diseases can spread from one person to another through microorganisms.
 4. Deficiency diseases occur when our body lacks specific **nutrients** (over a long time).
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C. Write T for True statements and F for False statements.

1. Fats should be consumed in large quantities to provide energy for physical activities. — **F** (Eating too much fat can be harmful).
 2. Vitamins help in maintaining a strong immune system. — **T**
 3. Typhoid fever is caused by bacteria. — **T**
 4. Scurvy is caused by a deficiency of Vitamin C. — **T**
 5. Anaemia results from a lack of calcium in the diet. — **F** (It results from a lack of iron).
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D. Give examples of any two food items of the following.

1. **Protein-rich food items:** Milk, Eggs (also Meat, Fish, Beans).

2. **Carbohydrate-rich food items:** Wheat, Rice (also Potatoes, Sugar).
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E. Answer the following questions.

1. **List different nutrients needed by our body.**

- The main nutrients are proteins, carbohydrates, fats, vitamins, and minerals.

2. **Name any two sources of proteins.**

- Beans and chicken (also milk, meat, fish, and eggs).

3. **Write the importance of minerals in our body.**

- Minerals are important for forming teeth, bones, and blood cells, and they help keep the heartbeat normal.

4. **List any two sources of roughage.**

- Cucumbers and tomatoes (also grapes, mangoes, cabbage, and okra).

5. **What is a balanced diet? Write its benefits.**

- A balanced diet means eating a variety of foods from all food groups in the right amounts.
- **Benefits:** It provides all the nutrients needed to stay healthy, helps us grow, gives us energy, and protects us from getting sick.

6. **Differentiate between communicable and non-communicable diseases.**

- **Communicable diseases:** These can spread from one person to another (e.g., common cold, malaria).
 - **Non-communicable diseases:** These do not spread from one person to another (e.g., deficiency diseases, heart disease).
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Deep Dive (Research-based answers from the text)

1. **Why is consuming too much fat not good for our health?**

- Eating too much fat can be harmful to the body.

2. Why do children need more protein in their diet?

- Children need more protein because their bodies are actively growing and developing new tissues.

3. Why do doctors advise adding more fruits and vegetables to help relieve constipation?

- Fruits and vegetables are good sources of roughage (dietary fibers), which help keep the digestive system healthy by aiding the movement of food through the stomach and intestines.