6. What are deficiency diseases?

Ans. Diseases caused due to the lack of one or more nutrients in the diet are called deficiency diseases.

7. How is exercise useful for our body?

Ans. Regular exercise –

1. helps to develop the muscles.

2. makes our muscles flexible and strong.

3. makes bones and joints stronger.

8. What is posture?

Ans. The position in which we hold our body while sitting, standing, walking and lying down is called posture.

9. What is malnutrition?

Ans. Malnutrition is a condition in which the body does not get the right amount of nutrients.

10. Why do we need rest?

Ans. 1. When we rest, our muscles relax, our breathing and heartbeat slows down.

2. This gives our body time to grow and repair its damaged parts.

3. We feel fresh and energetic if we get enough rest.