

WELCOME TO THE ONLINE CLASS

SESSION NO.: 5

CLASS: 5

SUBJECT: SCIENCE

CHAPTER NUMBER: 2

CHAPTER NAME: FOOD AND HEALTH

SUB TOPIC: DISEASES - NON-COMMUNICABLE DISEASES

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to:

- **identify the different types of diseases**
- **list down the different types of non-communicable diseases**
- **identify the different types of deficiency diseases resulting from lack of a particular nutrient in food.**

WARM UP

- **Have you ever fallen sick?**
- **How did you feel during that time?**
- **How you came to know about the sickness?**
- **Was there any changes in your body?**
- **What are those changes that you felt in your body?**

DISEASES

- **A disease is an abnormal condition in which the body is not able to function properly.**
- **Diseases can occur due to many reasons.**
- **Some diseases like diabetes or arthritis are caused when a particular part of our body stops functioning properly.**
- **Some diseases are caused due to lack of a particular minerals or vitamins in the body. They are called deficiency diseases.**

TYPES OF DISEASES

- **Non-communicable diseases**: Diseases that cannot pass from one person to another person are called non-communicable diseases.
- **Communicable diseases**: Diseases that can pass from one person to another person are called communicable diseases.

NON-COMMUNICABLE DISEASES

- **The diseases that cannot be passed from one person to another are called as non-communicable diseases.**
- **Non-communicable diseases are also called as lifestyle diseases.**
- **Some of the non communicable diseases are night blindness, Beri Beri, scurvy, rickets and anaemia.**

NIGHT BLINDNESS

- **Night blindness is caused by deficiency of vitamin A.**
- **In night blindness, the patient cannot see in dim light.**
- **Green leafy vegetables, mango, papaya, tomato, butter, milk, fish and egg yolk are rich sources of vitamin A.**



BERI-BERI

- **Beri Beri is a disease caused by the deficiency of Vitamin B1.**
- **Vitamin B is present in unpolished rice, milk, meat, peas, cereals and green vegetables.**



SCURVY

- Scurvy is caused by the deficiency of Vitamin C.
- Bleeding of the gums and swelling of joints results from scurvy.
- Vitamin C is present in citrus fruits, amla, tomato, green leafy vegetable



RICKETS

- **Rickets is caused by the deficiency of Vitamin D.**
- **In this disease the bones become soft.**
- **Vitamin D along with minerals calcium and phosphorus makes our bones and teeth hard and strong.**
- **Calcium comes from milk and its products.**



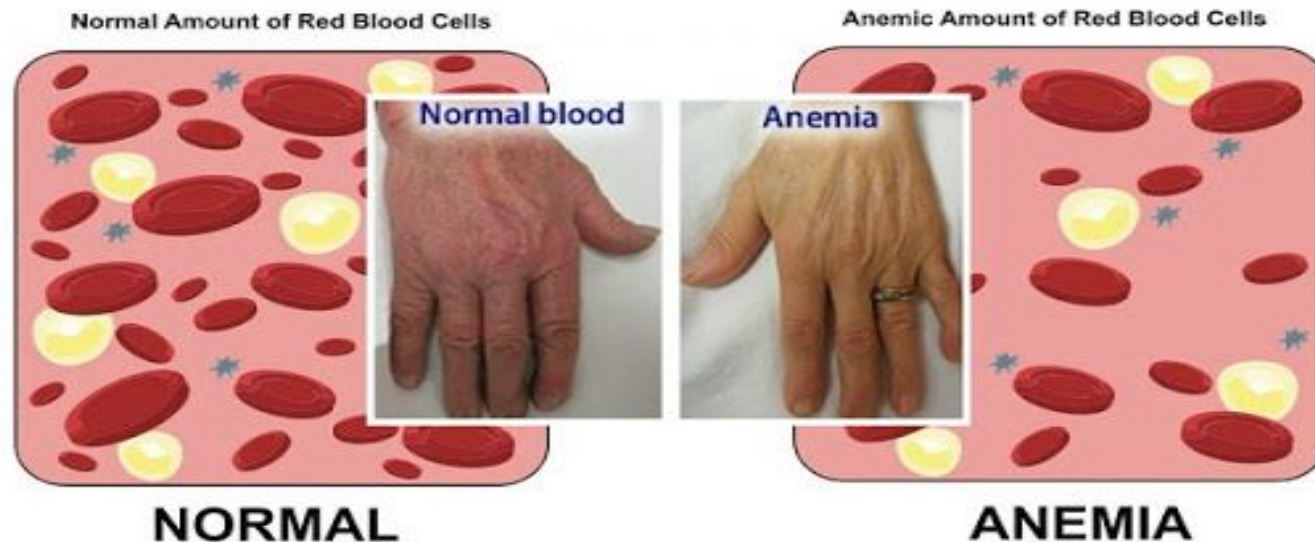
GOITRE

- **Goitre is caused by deficiency of iodine.**
- **In goitre, a gland in the neck region swells.**
- **Goitre can be prevented by using iodised salt.**
- **Seafood is also rich in iodine.**



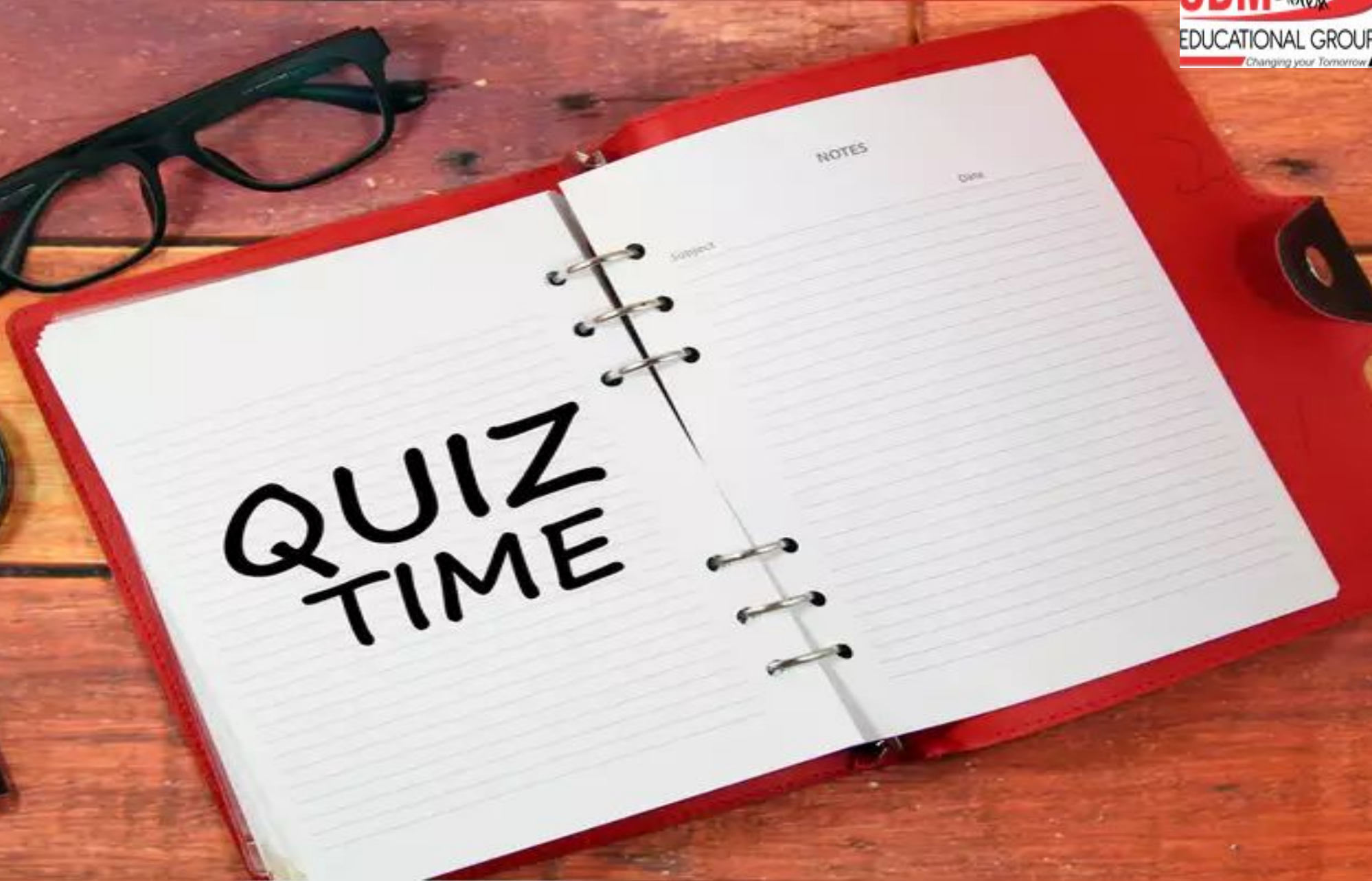
ANAEMIA

- Anaemia is caused by the deficiency of iron in food.
- In anaemia, the haemoglobin in the blood becomes low. So, the oxygen carrying capacity of the blood reduces.
- Iron is present in dates, apples, bananas, guavas, spinach, brinjal, pulses, jaggery, meat and liver.



SUMMARY

- **A disease is an abnormal condition in which the body is not able to function properly.**
- **Diseases can occur due to many reasons.**
- **There are two types of diseases: non-communicable diseases and communicable diseases.**
- **Non-communicable diseases are the diseases which cannot pass from one person to another.**
- **Communicable diseases are the diseases that can pass from one person to another.**



**QUIZ
TIME**

NOTES

Date

Subject

1. An abnormal condition in which the body is not able to function properly.

ANS: Disease

2.The diseases caused by the lack of a particular minerals or vitamins in the body.

ANS: Deficiency diseases

3. Disease that cannot pass from one person to another.

ANS: Non-communicable diseases

4. The disease caused by the deficiency of Vitamin D.

ANS: Rickets

HOMework

- **Do the oral Q & A of page no. 22**

LEARNING OUTCOME

The learner will be able to

- **identify the different types of diseases**
- **list down the different types of non communicable diseases**
- **identify the different types of deficiency diseases Resulting from lack of a particular nutrient in food.**

THANKING YOU
ODM EDUCATIONAL GROUP