

WELCOME TO THE ONLINE CLASS

SESSION NO.: 10

CLASS: 5

SUBJECT: SCIENCE

CHAPTER NUMBER: 2

CHAPTER NAME: FOOD AND HEALTH

SUB TOPIC: METHODS OF PREVENTION

CHANGING YOUR TOMORROW

LEARNING OBJECTIVE

To enable the learner to:

- **list various method of prevention of communicable diseases**

WARM UP

- **Why should we use the disinfectants?**
- **How can we prevent the spread of malaria?**
- **Why should we report the outbreak of communicable diseases to the civic authorities?**

METHODS FOR PREVENTION

- Houses should be airy and open to let in sunlight and air.
- Mattresses, linen and clothes should be exposed to sunlight.
- A clean and germ-free water should be used.
- Water should be boiled to kill germs.



METHODS FOR PREVENTION

- Water filters should be used to purify water.
- Huge amount to water can be purified by chlorination.
- Stagnant water should be avoided.
- Rooms should have wire screens.



METHODS FOR PREVENTION

- Toilets and bathrooms should be cleaned and disinfected.
- Water in tanks and ponds should be sprayed with oil to prevent breeding of mosquitoes.



METHODS FOR PREVENTION

- Mosquito nets and repellents should be used.
- Drains must be covered.



SUMMARY

- **There are various methods to prevention of communicable diseases:**
 - **Sunlight and fresh air**
 - **Boiling and purifying water**
 - **Preventing breeding of mosquitoes**
 - **Using wire screens**
 - **Spraying oil on water**
 - **Covering drains**

READY FOR A
QUIZ ?

1. Mention some methods for prevention of communicable diseases.

Ans: Sunlight and fresh air

- Boiling and purifying water
- Preventing breeding of mosquitoes
- Using wire screens
- Spraying oil on water
- Covering drains

2. Name a way of purifying huge quantities of drinking water.

Ans: Chlorination

HOMework

- **Mention the points of difference between communicable and non- communicable diseases.**

E. Write the short answers.

4. Which diseases are caused by eating contaminated food?

Ans: Typhoid, cholera, diarrhea, polio and jaundice are caused by eating contaminated food.

5. Name three diseases for which you have been vaccinated.

Ans: Measles, mumps, hepatitis are diseases for which we have been vaccinated.

F. Answer these questions.

1. How do houseflies spread disease?

Ans: Houseflies usually feed themselves on rotting and decaying matters. After feeding itself in the dirty places it comes and sits over our food and contaminates it. When we consume this contaminated food, we get infected with disease. In this way, a housefly spread disease.

LEARNING OUTCOME

The learner will be able to

- **list various method of prevention of communicable diseases**

THANKING YOU
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