

# 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**

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**CHANGING YOUR TOMORROW**

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# 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.



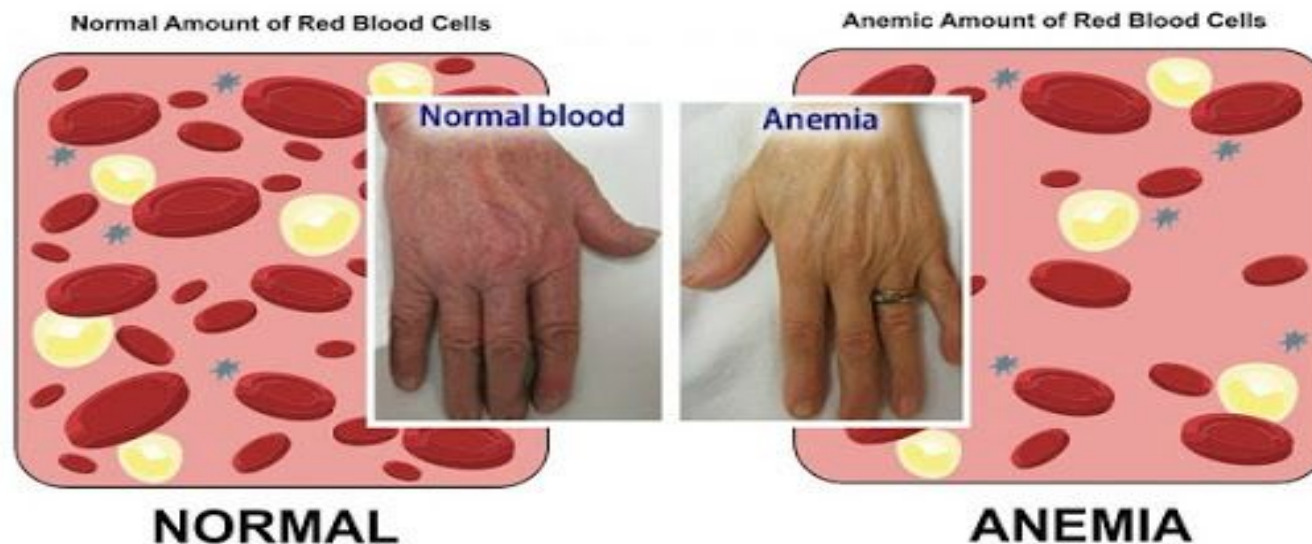
# GOITRE

- **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**