

Hwz 16/11/2021

Biology ch-7

Swarit Nath

class-6 sec-B

1. What is a non-communicable disease?

Ans: Non-communicable disease is a disease which is not spread by any virus or bacteria. Ex- Diabetes, ~~sun~~ rickets, goitre

2. What is a deficiency disease.

Ans: Deficiency disease is a disease caused due to lack of nutrients in our diet.

3. What is a communicable disease?
How can they be avoided?

Ans: Communicable diseases are caused by viruses or bacteria. These diseases are caused also by contact of a healthy person to a sick person.

Ex - Corona, jaundice, cholera etc. This can be ~~provided~~^{avoided} by self hygienic habits, living in

4. A hygienic environment and taking vaccine can prevent these diseases.

4. ~~✗~~ Biting nails should be strictly avoided. Give reason.

Ans: Nails contain germs and bacteria and when we bite nails the germs go into our mouth and we would suffer from disease.

5. Regular exercise and proper rest is ~~most~~ must. Give reason

Ans: Getting rest repairs our body ^{and} helps us be fit. By doing exercise we can reduce weight, sound sleep keep us mentally and physically fit and keep our digestive system good.

6. Children eating more fast food tend to suffer from obesity.
Comment.

Ans: Fast foods generally very rich in calories and high unsaturated fats are harder to break down and absorbed by the body and intake of a large number of calories result in the storage of them leading to obesity.

7. How can we control the spreading of diseases by mosquitoes and houseflies?

Ans - All the food material should be covered with a lid so that it is not contaminated by houseflies. Any place where is stagnant water such as air coolers, pits, sewage, should be cleaned regularly. Sprays and powder should be used to prevent the growth of mosquitoes.