

c.w  
4/12/2022

1) What is a non communicable disease?

ANS Non communicable disease ~~is~~ is not caused by any ~~germ~~ spread germ, therefore these ~~to~~ diseases cannot spread from one person to another

2. What is a deficiency disease

ANS A deficiency disease which ~~is~~ caused by the lack of essential nutrient or dietary elements such as vitamins and minerals in the human body.

3. What are communicable diseases? How can they be avoided?

Ans Communicable diseases is diseases can easily spread from an infected person to a healthy person.

4. Biting nails should be strictly avoided. Give reason?

Ans Biting nails should be strictly avoided because the dirt goes into the mouth.

5. Regular exercise and proper rest is a must.

Ans Physical exercise is a must. It help in the normal functioning of the heart and lungs and one should take proper rest and sufficient sleep. A normal healthy person

requires 6-8 hours of sleep daily

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

Ans: Fast food is generally very rich in calories and high unsaturated fats. Fast foods are deficient in vitamins.

(7) How can we control the spreading of diseases by mosquitoes and house flies?

Ans: We can control spreading of diseases by mosquitoes and houseflies by using repellants throwing garbage in covered bins avoiding ~~stagnation~~ stagnation of water.