

Biology

1. Non communicable diseases are diseases that do not spread from one person to another. Example Cancer.
2. A deficiency disease is caused by a lack of vitamin in the diet.
3. Communicable diseases are diseases caused or spread by one person to another. It can be prevented by proper isolation, timely taken of medicines etc.
4. Biting nails should be strictly avoided because nails contain germs and bacteria and if we bite the nails the germs transmit from the nails to our mouth.
5. Regular exercise and proper rest is a must as if we do not exercise we would be a target for obesity and diabetes. And rest is a must as that is the time our brain rests and if we do not rest we would be a target of brain stroke.

6. Children eating more fast food tend to suffer from obesity as if we eat more fried food and to drink fizzy drinks we would be a target of obesity but if we exercise we would not be a target of obesity. We should eat less and do exercise more.

Overweight or obesity also targets to Diabetes.

7. We can control spreading of dengue on mosquitoes or houseflies if we use repellents and insect and pest spray and also use mosquitoes net.