H.W
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Date
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① What is a non-communicable disease?

Ans- Non-communicable diseases are not caused by any germ and therefore these diseases cannot be spread from one person to another. These diseases are also called non-infectious or non-transmissible disease.
Ex - Rickets, pellagra, anemia, heart diseases, etc

② What is a deficiency disease?

Ans- Deficiency diseases are a type of non-communicable diseases, which are caused due to the deficiency or lack of nutrients in the diet.
Ex - Beri-Beri, Scurvy, Goitre, Night blindness, etc.

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

Ans- Communicable diseases are caused by microorganisms (known as pathogens) such as viruses, bacteria, fungi and protozoa.
These diseases are also called infectious diseases.
These diseases can be avoided by taking the following precautions:-

→ Without making any direct contact with infected people.
→ Without touching and sharing items of any infected person.
→ By not consuming contaminated food or water.
→ By preventing the breeding of houseflies and mosquitoes in our houses.

(4) Biting nails should be strictly avoided. Give reason.

Ans- Biting nails should be strictly avoided. It is a very bad habit because the dirt stuck in our nails goes into the mouth. This might ~~cause~~ make us ill and cause diseases.

(5) Regular exercise and proper rest is a must. Give reason.

Ans- Regular exercise and a proper rest of 6-8 hours is must because this helps in the normal functioning of the heart and lungs, helps in better circulation of blood, and ~~keep~~ keeps the ~~body~~ body ~~acti~~ muscles active.

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

Ans- Children eat more fast food just to satisfy their taste buds. But this doesn't help to keep their body fit and healthy. Fast food ~~also include roadside~~ lack nutrients. Thus the ~~intake of~~ frequent intake of fast food can lead to obesity and deficiency diseases. Fast foods also include roadside food. These road-side foods are usually not prepared by maintaining proper hygiene. These foods may be contaminated. Thus, fast foods should not be frequently consumed by children.

(7) How can we control the spreading of disease by mosquitoes and houseflies?

Ans- We can control the spreading of diseases by mosquitoes and houseflies by ~~keeping~~ keeping our surroundings clean. We should keep the garbage in covered bins and we shouldn't allow water to stagnate outside your house and in your neighbourhood. All the drains should be properly covered and cleaned. All this will help in preventing the mosquitoes and flies from breeding in our houses and this, in turn,

will help to prevent the diseases caused by them.