

1. What is a non-communicable disease?

Ans → Non-communicable diseases are not caused by any germ, therefore these diseases cannot spread from one person to another (i.e., they are non-transmissible).
Ex - Rickets, Diabetes etc.

2. What is a deficiency disease?

Ans → Deficiency diseases are non-communicable diseases caused by the lack of ~~ext~~ nutrients in the diet.

Ex - Kwashiorkor, Goitre etc.

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

Ans → Communicable diseases can easily spread from an infected person to a healthy person through disease causing germs called pathogens.
Ex - Corona, ~~Com~~ Tuberculosis, Malaria etc.

Ways to avoid communicable diseases are: -

① Maintain a clean environment.

② Maintaining personal hygiene.

- (III) Avoid touching animals.
- (IV) We should cover our mouth using while coughing and sneezing.
- (V) When we are sick, we should try to avoid going to large gatherings.
- (VI) Disinfect the commonly used surfaces.
- (VII) Wash our hands regularly and thoroughly.
- (VIII) Taking available vaccines.

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

Ans → Biting nails should be strictly avoided as nail biting is a bad habit because the dirt goes into the mouth.

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

Ans → Regular exercise ensures the normal functioning of the body and it helps to keep all the muscles working and in proper shape.

Proper rest allows us to relief from stress and saves energy. It is also necessary for the repairing and regeneration of the body cells

takes place during sleep.

So, regular exercise and proper rest is a must.

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

Ans → Children eating more fast food tend to suffer from obesity as they are rich in fats and deficient in vitamins and minerals. They also cause bowel problems.

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

Ans → We can control the spreading of diseases by mosquitoes and houseflies ~~are~~ by:-

(i) Maintain a clean environment to reduce the breed of mosquitoes, houseflies and pathogens.

(ii) Garbage should be kept in covered bins so that flies do not breed on it.

(iii) Do not allow water to stagnate outside our

house and in our neighbourhood. All the drains should be covered and cleaned regularly.