

## Short Questions

classmate

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Q: Regular exercise and proper rest is a must. Give reason.

Ans: Regular exercise keeps our body strong and immune to many diseases. It helps in normal functioning <sup>of the</sup> heart and <sup>of the</sup> lungs, and better circulation of blood. Rest is ~~is~~ refreshes our body.

Q: What is a non communicable disease

Ans: Non communicable diseases are not caused by germs, therefore these cannot spread from one to another person.

Ex: Richets, diabetes, heart diseases etc.

Q: What is a communicable disease.

Ans: Communicable diseases can easily spread from one to another person. Ex- Cholera, viral fever, chicken pox, malaria etc.

Q: Nails biting is bad habit because dirt goes into mouth. Dirt containing

bacteria which causes many diseases goes into the mouth.

Qb What is a deficiency disease

Ans Diseases that occur due to lack of nutrients over a long period are called deficiency disease. Ex - Scurvy, night blindness, beri-beri, rickets, Croitre

Qp Children eating most fast foods tend to suffer from obesity (overweight)  
? Comment

Ans Fast food is generally very rich in calories and high unsaturated fats. These fats are harder to break down and absorbed by body and intake of a large number of calories <sup>storage</sup> result of them. Such fast foods reach in artificial sugar and high sodium content which leads to water retention. All this leads to high body weight which is obesity

Q How can we control the spreading of diseases of mosquitoes and house flies?

Ans Maintain a clean environment to prevent spreading of diseases due to breeding of mosquitoes and house flies.

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

- Do not allow water to stagnate outside your house and neighbourhood.

- All drains should also be covered. This will prevent breeding of mosquitoes.

8. It is equally important as