

Short answer questions.

1.0) What is a non-communicable disease?

Ans. A disease which are caused due to 'improper functioning of the body organs' eg. diabetes, heart attacks. They are not caused by germs and not transmitted from one to another.

Q. What is a ~~deficiency~~ deficiency disease?

ans. These ~~the~~ diseases are caused by lack of nutrients, vitamins, minerals as ~~a~~ anaemia, goitre.

Q. What are communicable ~~dis~~ diseases? How can they be avoided?

ans. These disease which spread from one person to ~~each~~ another by the entry of microorganisms are known as communicable diseases. The disease causing germs are called pathogens. These disease can be avoided by proper vaccination, healthy food and hygienic surroundings.

d) Biting nails should be strictly avoided. • Give reasons.

ans. ~~Regular~~ Nail Biting may cause many diseases

as the dirt has many bacteria causing diseases. Nails should be cut ~~at~~ from time to time to save from diseases.

e) Regular exercise and proper rest is a must. Give reasons.

ans. Regular exercises keeps our body strong and immune to many diseases, rest refreshes our body.

f) Children eating more fast food tend to suffer from obesity (over weight). Comment.

ans. Fast food like pizza, burgers, patty, oily foods, etc. have much carbohydrates and fats. Children eating these become more and more fat and gain weight soon as they do not do much of physical work.

g) How can we control spreading of diseases by mosquitoes and house flies?

ans. We can control the spreading of diseases by mosquitoes and houseflies by using repellants, throwing garbage in covered bins, avoiding stagnation of water and checking breeding of these insects.

Home work

Disease Health and Hygiene

classmate

Date 9.11.21

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	Vitamin	Name of the deficiency diseases	Source of vitamin	Function of vitamin
a.	Vitamin 'A'	Night blindness, drying of cornea	Carrot, yellow fruits, vegetables, butter, fish, milk	
b.	Vitamin B ₁	Beri beri	Whole grains, eggs, nuts, legumes, yeast	
c.	Ascorbic acid	Scurvy (bleeding gums)	Citrus fruits, tomatoes, germinating seeds.	
d.	Vitamin D	Rickets (in childhood) bones turn soft	Egg yolk, fish liver oil, sunlight, milk, butter.	

Name the following :-

1. A bacterial disease caused due to contaminated water. Cholera
2. A disease caused due to Plasmodium. Malaria
3. A disease caused due to the bite of female Culex mosquito. Elephantiasis
4. A viral disease spread by the bite

of a dog. Rabies / Hydrophobia.

5. Two diseases caused due to deficiency of protein in the diet of a child.

Kwashiorkor, Marasmus

6. Any three water-borne diseases. Cholera, Hepatitis-A, Amoebiasis.

7. A viral disease caused due to unhealth sexual contact. AIDS

8. A disease caused due to clogging of coronary artery. Atherosclerosis.

Home work.

Date
16.11.21.

Diseases and Hygiene

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2. What is deficiency disease?
3. What are communicable diseases? How can they be avoided?
4. Biting nails should be strictly avoided. Give reason.
5. Regular exercise and proper rest is a must. Give reason.
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Subter from obesity (overweight) comment.
7. How can we control the spreading of diseases by mosquitoes and houseflies?