

HW  
16/11/21

(Answers)

1. These diseases are not caused by any germs, therefore these diseases can't spread from one person to another.
2. A diet lacking in nutrients in our body can result as a disease called deficiency diseases.
3. These diseases can easily spread from an infected person to a healthy person through disease causing germs called pathogens. We should maintain personal and environment hygiene, proper diet to prevent from these diseases.
4. Nail biting is a bad habit because the dirt goes <sup>into</sup> the mouth.
5. Regular exercise keeps body muscles active, proper functioning of heart and lungs, and better

blood circulation.

6. Addiction of fast food can caused obesity as they are full of fats and deficiency of vitamins.
7. We can use mosquito repellent, clean our surrounding to prevent breeding of mosquitoes, house flies and pathogens.