

1. What is a non-communicable disease?

Ans- The diseases which are caused due to improper functioning of the body organs e.g, diabetes, heart attack. They are not caused by germs and not transmitted from one to another.

2. What is a deficiency disease.

Ans- Deficiency disease are ~~caused~~ caused by lack of nutrients, vitamins, minerals as anaemia, goitre etc.

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

Ans- Those disease which spread from one person to 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.

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

Ans- Nail biting may cause many diseases as the dirt has ~~has~~ many bacteria causing diseases. Nails should be cut from time to time to save from diseases.

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

Ans- Regular exercise keeps our body strong and immune to many diseases, rest refreshes our body.



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

Ans- Fast food like pizza, burger, 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 physical work.

7. How can we control spreading of diseases by mosquitoes and house flies?

Ans- We can control spreading of diseases by mosquitoes and house flies by using repellants, through throwing garbage in covered bins, avoiding stagnation of water and checking breeding of these insects.