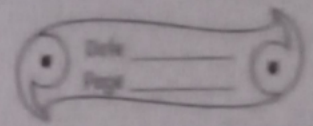


1. The diseases that are not caused any germ, spread from one person to another is called non-communicable disease.
2. A deficiency disease can be defined as a disease which is ~~caused~~ caused by the lack of essential nutrients or dietary element such as vitamins and minerals in the human body.
3. Communicable disease are illnesses that result from the infection, presence and growth of pathogenic biologic agents in an individual human or other animals host. They are avoiding contact with



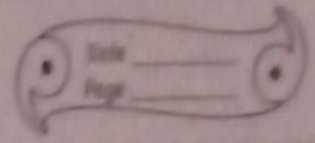
Sick people on sharing personal items with them

4. Nails should be kept short Nails biting is a bad habit because the dirt goes into the mouth.

5. Exercise without rest may cause excessive burning of calories and the person may become weak.

6. "Children eating more of fast food tend to suffer from obesity".

Now a days, eating fast food has become a serious problem for children. This leads to obesity, high body weight.



Fast food mainly contains high sodium, this leads to water retention.

So, presence of huge amount of carbohydrate, oil, fat in fast food are the main reason behind it.

ii) Maintain a clean environment to prevent the spreading of disease due to the breeding of mosquitoes, house flies and pathogens.

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

iv) There should be proper sewer lines connected to sewage treatment plants.

v) continuation of drinking water even with

little amount of feces on dung can cause  
a number of diseases.

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