

HW

16/11/21

Homework

Ch-7

Answers

- 1) The diseases which are caused due to improper functioning of body and do not spread from an infectious person to a healthy person are known as non-communicable diseases.
- 2) The diseases caused for a long period of time caused due to lack of nutrients that are not caused by pathogens are known as deficiency diseases.
- 3) Communicable diseases are diseases that spread from an infectious person to a healthy person. They are caused by pathogens. They can be avoided by maintaining personal and environmental hygiene and by ignoring unhealthy habits.
- 4) Nail-biting may cause many diseases as dirt trapped inside the nails to have many bacteria causing diseases. So, we need to cut the nails to prevent these diseases entering our body.
- 5) Regular exercise keeps our body strong and boosts our immunity, and also refreshes our mind.
- 6) Nowadays, fast food eating has become a serious threat for children which makes them suffer from obesity. Fast food consists of high sodium and is a rich source of artificial sugar, fats, carbohydrates and proteins. Eating

too much of these foods would cause many diseases including obesity.

→ The ways for avoiding the spread of diseases caused by mosquitos and houseflies are by :-

- Not letting water to be gathered at a spot.
- Not spreading garbage here and there.
- Using sprays containing chemicals to kill mosquitos and houseflies.
- Maintaining environmental hygiene.