

HW

1. ~~Common~~ Non communicable diseases are diseases who can't spread from person to person. It is caused by improper functioning of the body organs or due to the deficiency of certain minerals and vitamins in the body.
2. It spread from an infectious person to a healthy person. It spread through various agencies like air, insect, contaminated food or water.
3. It is a disease caused by infectious person to healthy person. It can be avoided by ~~not~~ eating contaminated food.
4. Biting ~~to~~ nails should be avoided because in ~~to~~ nails very germs are there by which ~~we~~ we can suffer from disease.
5. If we will do exercise we will stay fit and fine and if we will ~~not~~ not sleep we will be tired very much.

6) If children will eat fast food they can suffer from obesity or food poisoning etc.

7) • We can stop ~~making~~ making places dirty  
• Throwing garbage in roads.  
• making water dirty.