

DISEASE AND HYGIENE

CH-7
UNIT-4

classmate

Date _____
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1. Define the following terms:

Q1- a) Healthy

Ans- Healthy is defined as a state of complete physical, mental and social well-being.

b) Disease

Ans- Disease means not being in a comfortable state by physical or functional change in our body.

2. Describe a recent common disease that you have recovered from recently. Mention its causes, symptoms and treatment.

Ans- I am recently recovered from fever.

- Its causes are living in a cold place.
Eating unhealthy food.
- Its symptoms are Chills, shivering, sore eyes,
constant sweating.
- Its treatment is Ayurvedic Medicine, Tulsi
and Honey.

Q3- What are the factors of a healthy human being?

Ans- A clear skin

- Clear eyes
- Fresh breath
- Sound sleep

good appetite

Q4 - Differentiate between communicable and non-communicable diseases giving an example of each.

Communicable

- These are also known as infectious disease.
- These are Transmissible.
- Ex - Chicken pox, cholera.

Non-communicable

- These are also known as non-infectious disease.
- These are Non-transmissible.
- Ex - Rickets, diabetes.

Q5 - List 5 factors that determine a good health

Ans -

- Education
- Income and social status
- Physical environment
- Social support network
- Employment and working conditions