

Disease & Hygiene

Short Question Answer

- 1) a) Ans) Non-communicable diseases are diseases that don't spread from 1 person to other. e.g. - sickle cells, diabetes, heart diseases etc.
- b) Ans) These diseases are caused by lack of nutrients, vitamins, minerals as goitre.
- c) Ans) These diseases which spread from 1 person to another by the entry of microorganism are known as communicable. The disease causing germs are called Pathogens. These disease can be avoided by proper vaccination, healthy food & hygienic surroundings.
- d) Ans) Nail biting may cause many disease as the dirt has many bacteria causing diseases. Nails should be cut from time to time to save from diseases.
- e) Ans) Regular exercise keeps our body strong & immune to many diseases, rest & refresh our body.

1) Fast food like pizza, burger, patty etc have much carbohydrates & fats. Children eating these become more & more fat and gain weight soon as they do not do much of physical work.

2) a) A bacterial disease caused due to contaminated water Cholera.

b) A disease caused to Plasmodium Malaria.

c) Female Culex mosquito Elephantiasis.

d) A viral disease spread by the bite of a dog Rabies / Hydrophobia.

e) Kwashiorkor & Marasmus.

f) Amoebiasis, Cholera, Hepatitis A.

g) A viral disease caused due to unhealthy sexual contact AIDS.

h) A disease caused due to clogging of coronary artery. Atherosclerosis.

3) Disease - Deficiency is a departure from normal health due to structural / functional disorder of the body. Disease may be due to deficiency of nutrients / malfunctioning of organs / genetic disorders, improper metabolic activity / allergies / cancer & mental illness as diabetes, haemophilia, leukemia, schizophrenia.

2) Immunisation - It means we make the body immune to certain diseases by introducing respective weakened germs into the body. Thus we develop resistance to the concerned disease thus process is called immunisation. The germs or the material introduced into the body to make it resistant to the concerned diseases called vaccine. This form develop antibodies in the body of the person & the person can be saved by these antibodies. The vaccine can be given by the injection / orally as fluid drops, top vaccine for typhoid BCG vaccine for tuberculosis.

3) Pathogens: The germs that cause diseases to human beings and to other animals & plant are called pathogens. They spread the diseases from person to person / through the air / through the article of the diseased persons. Pathogens may be different kinds of bacteria, viruses, fungi, protozoans or worms. Allergy: Allergy is an unpredictable reaction to a particular substance. this type of substance is called allergen.

- 4) a) iron
b) ~~rickets~~
c) ~~goitre~~
d) proteins
- e) insulin
d) ~~clothing~~

- 5) a) Jaundice
b) Malaria
c) Haemophilia
d) Cancer

- 6) a) Vitamin A - Night Blindness - Carrot, milk, fish
b) Vitamin B₁₂ - Beri-Beri - eggs, nuts, yeast
c) Ascorbic Acid - Scurvy - tomatoes, citrus fruits
d) Vitamin D - Rickets - sunlight, milk, butter