

H.W

1. Define the following terms:

a) Healthy

Ans → Healthy is defined as state of complete physical, mental and social well-being, and not merely an absence of disease or infirmity.

b) Disease

Ans → Disease is defined as departure of normal health through structural or functional disorder of the body.

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

Ans → I have recovered from common cold recently.
Causes -

Cold virus enter our body through mouth, nose and eyes, usually when someone who is sick coughs sneezes or talks, the virus

virus can spread through droplets in the air. We can also catch cold by touching contaminated objects and surfaces and then touching eyes, mouth and nose.

- Symptoms:
- Sneezing
 - Nasal congestion
 - Runny nose
 - Sore throat
 - Coughing
 - Watery eyes
 - Fever
 - Post nasal drip

- Treatment:
- Drink plenty of fluids
 - Sip warm liquids
 - Take proper rest
 - Using nasal drops or sprays
 - Soothe sore throat
 - Taking pain reliever and cough syrups as per doctor's advice
 - Taking vapour

3. What are the features of a healthy human being?

Ans → A healthy human being has generally the following features:

- A clear skin.
- Bright, clear eyes.
- A body neither too fat nor too thin.
- Fresh breath.
- Good appetite.
- Sound sleep.
- Regular activity of bladder and bowels.
- Coordinated body movements.

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

Ans Communicable diseases

① The diseases which can easily spread from an infected person to a healthy person. Ex - Corona, Dengue etc.

Non-communicable diseases

① The diseases which cannot spread from an infected person to a healthy person. Ex - Diabetes, Scurvy etc.

Q5. List five factors that determine a good health.

Ans → Five factors that determine a good health are:-

- (i) Hygienic food
- (ii) Cleanliness of Environment
- (iii) Personal Hygiene
- (iv) Physical Exercise
- (v) Rest