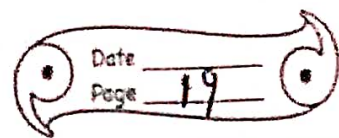


Hw
6/11/21

Homework

Ch-7

~~Disease and Hyg~~



Health and Hygiene

1. Define the following terms:

a) Healthy: An ~~person~~ ^{organism} with a state of complete physical, mental and social well-being with not merely an absence of disease or infirmity is called healthy.

b) Disease: Disease is a departure from normal health through structural or functional disorders of the body.

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

Ans- I have recently recovered from common cold. Its causes ~~are~~ - It can be caused by contact with a person with cold or because of too cold surrounding.

• Symptoms - Its symptoms are - body becoming hot, cough, sneeze, ~~etc.~~ throat pain etc.

• Treatment - By medicines prescribed by doctors, and by drinking hot water etc.

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

Ans- The features of a healthy human being are:-

- clear skin,
- bright and clear eyes,
- a body neither too fat nor too thin,
- good appetite,
- coordinated body movements,
- sound sleep,
- fresh breath,
- regular activity of bladder and bowels.

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

Ans- Communicable diseases can easily spread from an infected person to a healthy person through disease-causing germs called pathogens, E.g. cholera, while non-communicable diseases are not caused by any germs and don't spread from ~~people to peop~~ person to person. E.g. Diabetes.

5. List 5 factors that determine good health.

Ans- 5 factors that determine good health-

- * Clean surroundings.
- * Fresh and pure food and water.
- * Hygiene maintaining.
- * Taking a balanced diet
- * Taking a bath and brushing the teeth twice everyday.