

Q1 How do we know that someone is suffering from disease?

ANS) Symptoms of disease are the things we feel as being 'wrong'. So we have a headache, we have cough, we have loose motions, a wound with pus. From this we know someone is suffering from disease.

Q2 Give four modes of transmission of AIDS?

ANS) The four modes of transmission of AIDS <sup>are:</sup>

★ Through sexual contact.

★ unhygiene syringes.

★ exchange of body fluids.

★ HIV virus.

Q3 what causes Japanese encephalitis? How it can be prevented?

ANS) Japanese encephalitis virus is spread to

people through the bite of an infected mosquito. It can be prevented by we should protect yourself mosquito bites.

Q4 Why do female anophelines mosquito feed on human blood?

ANS) Female anophelines mosquito feeds on human blood because they need proteins of human blood to lay eggs.

Q5 Why are we normally advised, to take bland and nourishing food when we are sick?

ANS) During sickness body becomes weak and the digestive system does not work properly. So easily digested food need to be taken during this period as well as food rich in nutrients are advised to take. The immunity of the body decreases during disease or infection. Thus bland and nourishing food is given for speedy recovery.