

Hw
6/11/21

O.D.M Connect assignment

Lesson - Health and hygiene

Homework

DT-2/11/21

① Define the following terms:

- a) Healthy → A state of being complete physical, mental and social well-being and not merely the absence of disease and infirmity. This is known as healthy.
- b) disease → illness or sickness characterised by specific signs or symptoms. This is known as disease.

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

As a recent common disease that I have recovered from recently is "common cold."

* Causes: It was due to viral infection.

* Symptoms: I was suffering from sneezing, coughing and runny nose.

* Treatment: I took some anti-histaminics. As it was a viral infection, I had not used any antibiotics.

③ What are the features of a healthy human being?

As the features of a healthy human being are:

* a clear skin

* bright clear eyes, ~~fresh breath~~

* good appetite

* sound sleep

* regular activity of bladder and bowels.

* fresh breath

* a body neither too fat nor too thin.

* ~~regulated~~ coordinated body movements.

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

Ans Difference between communicable and non-communicable disease →

Communicable disease	Non-communicable
*) It spreads from one person to another by air, water soil.	*) It does not spread from one person to another.
*) It is also known as infectious disease.	*) It is also known as non-infectious disease.
*) It is spread ^{caused} by infection germs.	*) It is caused ^{is} due to lifestyle and hereditary.
*) <u>Ex</u>) cholera, chicken pox	<u>Ex</u>) Rickets, diabetes

⑤ List 5 factors that determine a good health.

Ans 5 factors that determine a good health are :-

- *) Education
- *) Physical environments
- *) Health services
- *) Income and social status
- *) Healthy child development