

A.1. To stay healthy our body needs.

1. a balanced diet.

2. Which of the following is a non-communicable disease?

A. beriberi

3. This disease is caused by a virus.

A. chickenpox

4. The spread of communicable diseases can be prevented by

A. Keeping clean

5. Vaccination can protect against diseases like polio, measles and

CP-2

Food and health

A. mumps

to a certain extent, mumps is a disease that is caused by a virus. It is highly contagious and can be spread through saliva. The disease is characterized by swelling of the salivary glands, fever, and muscle aches. In most cases, the illness is mild and resolves on its own within a few weeks. However, in some cases, it can lead to complications such as deafness or meningitis. There is a vaccine available for mumps, which is typically given to children as part of a routine immunization schedule.