

Hw  
6/11

# HEALTH and HYGIENE

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1. Define the following terms.

a) Health

(b) Disease.

ans a state of physical & mental well being  
with absence of disease

Any physical or function  
a change in the body  
from a normal

Q2 Describe a recent common disease that you have recovered from recently. Mention its causes, symptoms & treatment.

ans I have recovered from dengue recently

Symptoms are cold, rashes, stuffed nose, treatment: anti biotics, rest & lot of water



ans Features of a healthy human being are

- clean skin & eyes
  - Not too fat or skinny
  - Fresh breath
  - good appetite
  - sound sleep
4. ~~communicable~~

ans communicable

non communicable

1. can spread

can't spread

2. examples: Dengue, cold, flu

examples: Diabetes, malaria, kwashiorkor

- 5.
- ① living in hygienic environments
  - ② having balanced diet
  - ③ not consuming alcohol, drugs etc
  - ④ Healthy habits
  - ⑤ stay away from things you're allergic to.