

1. Define the following terms:

a) Healthy - It is a state of physical, mental and social well being. It refers to the individual, physical and social environment. The individual has good health.

Disease - Disease (dis + ease = not at ease) means not normal or not at peace. It is defined as a condition of the living animal or plant body or of one of its part that impairs normal functioning and is typically manifested by distinguishing signs and symptoms.

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

Ans- The recent common disease that I have recovered from recently is Coronavirus (COVID-19).

Causes of COVID 19 - It is a type of communicable or infectious diseases. The virus that causes COVID-19 spreads easily among people. The virus spreads by respiratory droplets released when someone with the virus coughs, sneezes, breathes or talks. These droplets can be inhaled or land in mouth, nose or eyes of a person nearby. It can also spread

if a person touches a surface or object with the virus on it and then touches his/her mouth, nose or eyes.

Symptoms - Common signs and symptoms can include Fever, Cough, Tiredness. Early symptoms of COVID-19 may include a loss of taste or smell and shortness of breath or difficulty breathing

Treatment - Most people recovered from COVID-19 without the need for hospital care. We should take rest, it can make us feel better and may speed our recovery. Stay home, Drink fluids. We lose more water when we are sick. Dehydration can make symptoms worse and cause other health problems. Always wear mask.

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

Ans - The features of a healthy human being are

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

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

Communicable Diseases	Non-Communicable disease
i) The diseases which can spread from an infected person to a healthy person are called Communicable Diseases.	i) The diseases which cannot spread from one person to another (i.e. they are non-transmissible) are called non-communicable diseases.
ii) Communicable diseases are caused by germs called pathogens.	ii) Non-communicable diseases are caused either due to improper body functioning of the body organs or due to deficiency of certain vitamins and minerals in the body.
iii) These are spread through agents like air, water, insect bite, contaminated food.	iii) They do not spread through any agents.
iv) These diseases develop immediately.	iv) These diseases develop over a period of time.
v) Examples - Cholera, Viral Fever, Chickenpox, Malaria etc.	v) Example - Rickets, Diabetes, Allergies, Heart Diseases

5. List 5 factors that determine a good health.

Ans. Some factors that determine a good health are-

- i) Living in an unhygienic environment,
- ii) not taking a balanced diet.
- iii) Consuming tobacco, alcohol or drugs.
- iv) infection by microbes (disease causing agents)
- v) Body parts or organs not functioning normally
- vi) Allergic reaction due to certain substances.