

Hw
3/11/21

1a) Healthy- Health is defined as a state of complete physical, mental and social well-being, and not merely an absence of disease or infirmity.

b) Disease - It means not being in a comfortable state. Any physical or functional state which causes discomfort or disability is called a disease.

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

A= I have recently recovered from cold and cough.

It's causes - light fever (upto 100°C to 101°C)

Symptoms - Sneezing and coughing.

Treatment - Paracetamol along with other medicines.

3) What are the features of a healthy human being?

A= A healthy human has the following features:

- a clear face
- body neither too fat nor too thin

- Fresh breath
- Good appetite
- sound sleep
- bright, clear eyes
- regular activity of bladder and bowels
- coordinated body movements

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

A. Communicable	Non-Communicable
• Caused by germs.	• Not caused by germs.
• Spreads easily.	• Does not spread.
• Ex - Cholera.	• Ex - Rickets.

5) List 5 factors that determine a good health.

- Sleep for 7-8 hrs daily
- Exercise 1 hr daily
- Clean surroundings
- Balanced diet
- Avoiding lots of junk food