

H.W
3-11-21

Class: VI

SUBJECT: BIOLOGY

LESSON - HEALTH AND ~~HYGIENE~~
HYGIENE

HOMEWORK

Date: 3-11-2021

1. Define the following terms:

(a) Healthy - A person is said to be healthy when he doesn't have any ~~the~~ disease.

(b) Disease - Disease means not being in a comfortable state.

2. Ans - Common cold was the recent disease that I had suffered from. Treatments are -
- Taking medicines like Sytrizi

and Laxmivilas.

Cause - Eating too many cold things and staying near contaminated person.

~~Symptoms~~ Symptoms - Cough, Cold, eye pain

3. The features of a healthy human being are:

- a clear skin,
- bright, clear eyes
- a body neither too fat ~~not~~ nor too thin,
- fresh breath,
- good appetite,
- sound sleep,
- regular activity of bladder and bowels
- Coordinated body movements

4. Communicable disease can spread from people to people but non-communicable do not spread from people to people.

Ex. of Communicable disease can be

- Chicken pox

An Example of non-communicable disease can be:

- Diabetes

5. 5 factors that determine a good health:

- a clear skin

- Fresh breath

- good appetite.

- sound sleep

- bright clear eyes.

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