

HW
6/Nov/21

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Biology

Lesson - Health & Disease

1. Define the following terms: When a person can

a) Healthy: When a person can work hard, interact well with people, enjoy leisure and can adapt to the changes and stresses of life, then he or she is in good health, + healthy.

b) Disease: Disease literally means not being in a comfortable state.

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

Ans I have recently suffered by 'Chickenpox'.

Causes: Chickenpox can cause itching and blister-like rash.

Symptoms: • Fever, feeling tired, headache

• A stomach ache that lasts for one or two days.

- Bumps filled with a liquid that looks like milky ~~with~~ water.
- A skin rash that is very itchy and looks like many small blisters.
- Scrabs after the blisters break
- skin that looks blotchy.

Treatment: Doctors use an antiviral medication such as acyclovir or valacyclovir to help minimize the symptoms of chickenpox in adults.

3. Some of the features of a ^{healthy} human being are
- a clear skin
 - bright, clear eyes
 - a body ~~weight~~ neither too fat nor too thin,
 - sound sleep.

4. Communicable disease: These diseases can easily spread from an infected person to a healthy person. Some of the examples of common communicable diseases are cholera, chicken pox, viral fever, malaria, etc.

Non-Communicable disease: These diseases cannot spread from one person to another.

Some of the examples of common non-communicable disease are rickets, diabetes, ~~and~~ heart diseases, etc.

5. The 5 factors that determine a good health are:

- Sound sleep
- fresh breath
- good appetite
- Coordinated body movements.
- regular activity of bladder and bowels.

