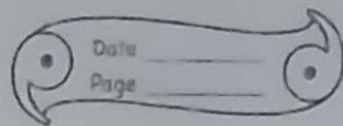


H.W
3/10/21

Ch-7

Disease and Hygiene



① Define the following terms:

a) Healthy -

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

b) Disease -

~~Best~~ The word disease ~~is~~ comes from two words - (dis + ease = not at ease).

Any physical or functional change in our body from a normal state which cause 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.

Ans- The most recent disease I have recovered from is Food Poisoning.

③

Ans- Causes -

Eating contaminated food

Symptoms -

- Frequent vomiting
- ~~Spasms~~ (severe) Stomach ache (severe)
- Severe weakness
- Excessive thirst

Treatment -

- Giving antibiotics
- Drinking sufficient water
- Eat light food
- Avoid oily and spicy food

③ What are the features of a healthy human being?

Ans- 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.

Ans- Communicable diseases -

These are also called infectious disease. These diseases can easily spread from an infected person to a healthy person through disease-causing germs called pathogens.

Ex- cholera, viral fever, chicken pox, malaria, etc.

Non-Communicable diseases -

These diseases are not caused by any germ, therefore these diseases can't spread from one person to another.

Ex- Rickets, diabetes, heart diseases, etc.

⑤ List 5 factors which determine a good health.

Ans - 5 factors which determine a ~~be~~ good health :

- living in a hygienic environment
- taking a balanced diet.
- body parts or organs functioning normally
- taking care of our skin
- daily exercise