

1.

a) Disease → Any physical or functional change in the body from a state which causes discomfort or disability is called a disease.

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

2. Fever

Cause → By Infection like flu, covid-19, pneumonia.

Symptoms → Shiver and feel cold, low appetite, lack of energy, feeling sleepy, ~~seiz~~ signs of dehydration.

Treatment → Anti biotic, NSAID, fever caused by virus is treated by NSAID and fever caused due to bacteria is treated by anti biotic.

3. The features of good human beings are: →

- a clear skin
- bright, clear skin
- clear eyes
- fresh breath

- good appetite
- sound sleep
- regular activity

4. Communicable disease

- The disease those are spread from an infected person to a healthy person by entry of microorganisms.

- These germs are transmitted through various agencies like air, insect bites, contaminated food or water.

Ex → cholera, viral fever, chickenpox, malaria, etc.

Non-communicable disease

- The disease that are not caused by any germ therefore, these disease cannot spread from one person to another.

- These are not caused either due to improper functioning of the body organ or due to the deficiency of certain material minerals and vitamins in the body.

Ex → rickets, diabetes, heart disease, etc.

- Eating a varied diet rich whole food
- Normal blood pressure, blood sugar, cholesterol
- Stable weight, exercising daily
- maintaining good personal hygiene
- maintaining a clean environment to prevent the spreading of disease, not drinking contaminated water.