

Name - Shriyansh Rout

Class - VI, SEC - D

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① Define the following terms:

(a) 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 - Disease is a departure from normal health through structural or functional disorder of the body.

② Ans: I have recently recovered from cold disease. It causes ~~it~~ by eating cold foods and cold drinks, by using A/C or coolers overtime, wearing wet dresses and getting wet all the time. Its symptoms are head pain, feeling weak, sneezing many times, feeling cold and nose ~~blocking~~ blocking and it can ~~be~~ be treated by salt-water gargling, drinking hot water, and ~~drinking~~

eating medicines according to the doctor.

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

Ans: A person is said to be healthy, if he or she is not suffering from any disease. ~~that~~

④ Ans: Communicable Disease - These diseases can easily spread from an infected person to a healthy person through disease causing germs called pathogens.
~~For example - If a person~~
~~Non-Communicable Disease - These~~

For example - If ~~if~~ a person is infected with a communicable disease then a healthy person will affect with that disease if he ~~or she~~ comes in contact of him.

Non-communicable diseases - These diseases are not caused by any germ, therefore these diseases cannot spread from one person to another.

⑤ Ans: The 5 important factors that determine a good health are -

→ Diet

→ rest

→ exercise

→ posture

→ Avoiding the use of Alcohol, drugs and tobacco.