

1) a) Health is defined as a state of complete physical, mental and social well-being and having an absence of discomfort or disease.

b) Any physical or functional change in the body from a normal state to disability is called disease.

2) A recent disease through which I have recovered now is tetanus.

Causes → Entry of the germs into an open wound.

Symptoms → jaws lock due to painful contractions of jaw and neck muscles.

Treatment → anti tetanus injection

Keeping the wounds clean and covered.

3) The features of a healthy human beings are:

- * A clear skin
- * Good sleep
- * Not ^{too} fat or not ^{too} thin
- * Fresh breathe
- * Bright clear eyes
- * Coordinated body movements
- * Regular activity of bladder and bowels
- * Good appetite

4) Communicable disease → This disease is also called infectious disease. These disease can spread from one infected

person to another infected person very much easily. Ex → Coronavirus, viral fever, Dengue, etc.

Non-communicable disease → This disease is also called non-infectious disease. These diseases cannot spread from one person to another person. Ex → Beri-Beri, Ehlers, Goitre, etc.

5) Five factors that can determine good health are:

- * Living in an hygienic environment.
- * Taking a balanced diet.
- * Body parts or organs functioning normally.
- * Not consuming tobacco, alcohol, etc.
- * Not having any common disease.