

2/1/2021

Homework① Define

(a) Healthy: It is a state of physical, mental and social well being. It refers to the individual, physical and social environment. The individual has good health.

(b) Disease: Disease means not at ease means not normal or not at peace. It is defined as a condition of the living animal or plant body or of one of its parts.

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

(3) What are the features of a healthy human being?

④ Differentiate between communicable and non communicable diseases by giving an example of each.

⑤ List 5 factors that determine a good health

Answer

Q. "COVID-19," the newly identified coronavirus can cause pneumonia. and like other respiratory infections it has an incubation of between 1 and 14 days.

It is a communicable disease.

Cause of Covid-19

Severe ~~act~~ acute respiratory syndrome coronavirus 2.

Symptoms of Covid 19

Fever, cough, fatigue, shortness of breath, loss of taste or smell

Treatment of covid-19

- * Symptomatic and Supportive
- * Wash hands frequently and use Sanitizers
- * Wear mask
- * Maintain Social and physical distancing
- * Avoid touching eyes, nose and Mouth

(3) ASI - A health human being has generally the following features

- * a clear skin,
- * bright + clear eyes.
- * a body neither too fat nor too thin.
- * Fresh breath
- * good appetite.
- * Sound Sleep
- * Coordinated body movement.

④ AOS

Communicable -

- * The disease can easily spread from one ~~person~~ infected person to an healthy person.
- * They are caused by pathogen

eg: chicken pox, viral fever, cholera.

~~* eg: *~~

* They are known as infectious disease.

Non-Communicable

- * The diseases which don't spread from one person to another.
- * They are caused by deficiency of nutrient or due to allergy or abnormal proliferation of cell.
- * rickets, diabetes, heart diseases etc
- * They are known as ~~not~~ chronic disease

⑤ AOS: - 5 factors that develop good health.

- * Environment: → Pollution, epigenetics
- * Medical care: → Drugs, Services
- * Genetics: → Epigenetics, Nutrigenomics
- * Nutrition: → Food, Diet, Cousins
- * Lifestyle: → Daily routine & Behaviour