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a) healthy - healthy is a state of complete physical, mental, and social well being and not merely the absence of disease or infirmity.

b) Disease - A disease is an unhealthy state where something bad happens to your body or mind.

2. Fever

cause - By Infection like flu, covid-19, pneumonia.
symptoms - Shiver and feel cold, low appetite, lack of energy, feeling sleepy, sign of dehydration.
treatment -> Antibiotics, NSAID, fever caused by virus is treated NSAID and fever caused by due to bacteria is treated antibiotic.

3) The features of good human being are:

- a clear skin
- bright, clear skin
- clear eyes
- fresh breath
- good appetite
- sound sleep
- regular activity

44 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, the ~~so~~ 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 minerals and vitamins in the body.

Ex- rickets, diabetes, heart disease, etc.

5.

- Eating varied ~~and~~ diet rich whole food.
- Normal blood pressure, blood sugar, cholesterol
- Stable weight, ~~exercise~~ exercising daily
- ^{or maintaining} ~~maintaining~~ good personal hygiene
- maintaining a clean environment to prevent the spreading of diseases, Not drinking contaminated water

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