

Homework - 3/11/2021

Bio ch-7 Health and Hygiene  
Swarnit Nath class-6 Sec-B

1. Define the following terms:

a) Healthy is define as a state when a person is fit mentally and physically and not suffering from any disease.

b) Disease is a state of discomfort where the human body doesn't function ~~directly~~ properly.

2. ~~A~~ Recently I have been recovered from severe viral fever. Its cause was change of ~~the~~ climate and severe cold. Symptoms were I was feeling very tired and continuously coughing and sneezing.

His treatment was to take rest, wear <sup>clothing</sup> and eat prescribed medicines.

3. Healthy human being has:-

> a clear skin

> bright eyes

> body neither too fat nor too thin

> fresh breath,

> good appetite

> sound sleep,

> regular activity of bladder and bowels

> coordinated body movements

4. Communicable diseases are diseases which spread from one person to another when the diseased person comes in contact with a healthy person. Ex- cholera, viral fever

Non communicable: diseases are not spread from person to

person as it is not caused by any pathogen. Ex- Diabetes, rickets

5. List 5 factors that determine a ~~get~~ good health.

Ans- The 5 factors that determine a good health are

- 1) A balance diet
- 2) Rest
- 3) Exercise
- 4) Posture
- 5) Avoiding the use of alcohol and drugs, tobacco