

2) Viral diseases

- common cold
- Mumps
- Measles
- viral hepatitis
- Dengue fever
- Chikungunya
- Chicken pox.
- poliomyelitis.

3) Fungal diseases

- Candidiasis
- Athlete's foot

4) Protozoan disease

- Malaria
- Amoebiasis
- African sleeping sickness
- Kala-azar

5) Helminthic diseases

- Ascariasis
- Filariasis.

Define.

Healthy - Health is defined as a state of complete physical, mental and social well being and not having an absence of disease or infirmity.

Disease - Any physical or functional change in the body from normal state which cause discomfort or disability is called a disease.

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

ans. Common cold is a common disease that you have recovered from recently.

It is caused due to virus.

It's symptoms are running nose, headache, cough, fever, watery eyes, loss of smell etc.

treatment - Consulting a doctor, Medication, taking steam, drinking lukewarm water etc.

3. What are the features of a healthy human being?
Features of a healthy human being are -

-> a clear skin.

-> Good appetite

-> Sound sleep.

-> coordinate body movements

-> bright, clear eyes

-> A perfect body is neither too fat nor too thin.

-> Regular activity of bladder and bowels.

-> Fresh breath.

-> Differentiate between communicable and non-communicable disease by giving an example of each.

Non communicable disease

- ① They are caused due to improper functioning of the body organs or due to the deficiency of certain minerals and vitamins in the body.
- ② They can't spread from one person to another
- ③ Ex - diabetes, heart disease, rickets, Asthma etc.

communicable disease.

① They are caused due to ^{dissemination} germs called causing germs called pathogenesis.

② These are transmitted through different agencies like air, ^{insect bites} ~~water~~ contaminated food and water and these pass through one person to another.

③ Ex - chicken pox, Malaria, cholera etc.

Q. List 5 factors that determine a good health.

5 factors that determine a good health.

- > a clear skin.
- > sound sleep
- > Good appetite
- > fresh breath.
- > bright, clear eyes.