

PARAGON CONVENT SCHOOL

SECTOR : 24 B, CHANDIGARH

CHAPTER-2

HEALTH AND HYGIENE

Multiple choice questions (Page 18)

1. (a) 2. (c) 3. (a)

Multiple choice questions (Page 21)

1. (c) 2. (a) 3. (b)

EXERCISE

SECTION –A

Oral question

Q1.- Why does our body need protein?

Ans.- Our body needs proteins to grow for building muscles and repairing worn out tissues.

Q2.- Why should we eat a balanced diet?

Ans.- We should eat balance diet for healthy functioning of our body.

Q3.- Why is regular exercise essential for staying healthy?

Ans.- Regular exercise improves our blood circulation, digestion and tones up our muscles. It also helps the Nervous System by supplying more oxygen to the brain. So regular exercise is essential for staying healthy.

Science quiz

Q1.- Name two diseases caused by bacteria.

Ans.- Pneumonia and typhoid

Q2.- Name two diseases spread through infected food and water.

Ans.- Diarrhoea and jaundice

Q3.- Deficiency of which vitamin causes scurvy?

Ans.- Vitamin C

Q4.- Name a disease that spreads through air.

Ans.- Common cold and tuberculosis

Multiple choice questions

1.(a) 2. (b) 3. (c) 4. (c)

Circle the odd one out. Give reason for your choice

1.Carbohydrates Fats Iron

Ans.- Iron --- It is a mineral where as others are nutrients.

2. Whooping cough Goitre Scurvy

Ans.- Whooping cough --- It is a communicable disease where as others are deficiency diseases.

3. Malaria Dysentery AIDS

Ans.- AIDS --- it is caused by virus whereas others are caused by protozoa.

Fill in the blanks.

1.Fats 2. Roughage 3. Non communicable

4. clean 5. Correct

Give two examples of each.

1.Chicken pox and tuberculosis

2. Scurvy and marasmus

SECTION-B

Multiple choice question

1. (a) 2. (c)

Very short answer questions.

Q1.- Name two diseases that spread through - a) air b) direct contact

Ans.- a. Through air - common cold and diphtheria

b. Direct contact - chicken pox and measles

Q2.- Name two protein - rich foods.

Ans.- Eggs and pulses are protein rich foods

Q3.- Name the nutrients required by your body to remain healthy.

Ans.- Our body needs carbohydrates, fats, proteins, vitamins and minerals to remain healthy.

Q4.- Why should we not share towels and utensils with patients of flu?

Ans.- We should not share towels and utensils with patients of flu because flu is a communicable disease and the things used by sick person can transmit germs to a healthy person.

Short answer questions.

Q1.- What do we need to stay healthy?

Ans.- To stay healthy we should

- Have a balance diet.
- Protect ourselves from diseases.
- Exercise regularly.
- Maintain hygiene.
- Take adequate rest and sleep.

Q2.- How does malaria spread?

Ans.- Malaria spreads through the bite of female anopheles mosquito.

Q3.- Rahul asks his mother to give their maid one day's leave, so that she could take her baby to the polio booth for vaccination of polio.

a) Why is polio vaccine important for the children?

b) What can we learn from Rahul?

Ans.- a. Polio vaccine is important for children to develop immunity against the Polio disease.

b. From Rahul we learn to be kind to the needy and poor people.

Long answer questions.

Q1.- What are communicable diseases? How do they spread?

Ans.- The diseases that spread from one person to another are called communicable diseases. Some of the communicable diseases are pneumonia, common cold, malaria and dysentery. These diseases are caused by microorganisms such as bacteria, virus and fungi which are present everywhere in air, water or food. These microorganisms are called germs. They can enter our body through various means and cause diseases. These germs spread through Air , infected food and water , direct contact, insects and damage skin

Q2.- What is a balanced diet? Why should we have it?

Ans.- A diet that contains sufficient amount of different components of food like carbohydrates, fats, proteins, vitamins, minerals, roughage and water is called a balanced diet. We should have a balanced diet for healthy functioning of our body. For the convenience and healthy eating the foods of balanced diet are divided into 4 groups such as :

Cereal group, vegetable group, milk and protein group.

Q3.- What is vaccination? How is it helpful?

Ans.- Preventing communicable diseases by developing immunity against them in the body through vaccines is called as vaccination. Vaccines are made up of small quantities of dead or very weak germs of a particular disease. These are given orally or injected into the body. Body produces substances capable of fighting the weak germs of that disease when the vaccines enter the body. Many diseases like hepatitis, tuberculosis, chicken box, mumps and tetanus can be controlled through vaccination.

Draw

- Table of non-communicable diseases.(page no 19-20)
- Table of communicable diseases.(page no.20)