


Exercise Questions (L-12)

- A.
1. Which of the following diseases is caused by direct contact?
d) Chicken pox
 2. Which of the following is a biodegradable waste?
c) Fruit Peel
 3. Which of the following is a non-biodegradable waste?
c) soft drink bottle.
 4. Which of the following is a symbol of recycle?
c) 
 5. Which of the following diseases is caused by bacteria?
d) Typhoid.

B. Define the following:

1. Personal hygiene - The principle of maintaining cleanliness and grooming our body is called personal hygiene.
2. Communicable disease - The disease that can spread from one person to another through contact, dirty water, air and food are called communicable diseases.

3. Vaccination - The process in which vaccine is given to build the immunity of the body against a specific disease is called vaccination.
4. Biodegradable waste - The garbage or waste that comes from plants and animals that can be easily decomposed by microorganisms is called biodegradable waste.

C Write two examples of:-

1. Diseases spread by insects - malaria, yellow fever.
2. Non-biodegradable wastes - plastic bags, glass bottles.
3. Diseases spread through food and water - Cholera, Typhoid
4. Diseases controlled by vaccination - Tetanus, whooping cough.

D 1. What are the ways to maintain personal health and hygiene?

Ans- Some ways to maintain personal health and hygiene are -

- 1) We should eat balanced diet containing correct proportions of nutrients.
- 2) We should drink 8-10 glasses of water everyday.
- 3) We should keep our hair clean by washing them regularly and brushing daily.
- 4) We must wash our hands properly.
- 5) We should take bath daily using soap and water.
- 6) We should wear clean clothes.
- 7) We should keep our eyes, nose, ears and tongue clean.
- 8) We must do exercise regularly and take a good sleep.

2. Communicable diseases spread in various ways.
Explain.

Ans - Communicable diseases spread through:-

- 1) Direct contact - By using same towel, clothes or utensils used by the sick person; a person gets a disease from another person.
- 2) Through Air - Some diseases such as common cold, flu, mumps are spread through air during coughing and sneezing.
- 3) Through water and food - The flies and other insects sit on the dirt heaps and catch the germs. Then they leave these germs on our food and water. When we eat that food or drink that water, we fall sick.

4) Through Insects and Animals Bites - e.g. mosquitoes and rabies

3. What are communicable diseases? Name some disease causing germs.

Ans- The diseases which spread from one person to another through disease causing germs are called communicable diseases.

Some disease causing germs are - bacteria, protozoa, viruses.

4. Write the differences between biodegradable and non-biodegradable wastes.

Ans- Biodegradable wastes

- 1) These wastes are decomposed by microorganisms.
- 2) These wastes come from plants and animals
e.g. - food waste, paper waste, kitchen sewage

Nonbiodegradable wastes

- 1) ^{These} Wastes do not get decomposed by micro-organisms.
- 2) These wastes come from non-living things
e.g. - plastic bags, glass bottles, metal cans.

5) Enlist ways to reduce non-biodegradable garbage in the surroundings.

Ans - Some ways to reduce non-biodegradable garbage in the surroundings are :-

- 1) 'Say ^{ing} No' to Plastic
- 2) Recycling non-biodegradable waste
- 3) Using reusable containers
- 4) Reducing packaging
- 5) Using landfills.

E. Give reasons for the following:-

i. We must cover our mouth while sneezing and coughing.

Ans - We must cover our mouth while sneezing and coughing to help stop the spread of germs. When we cough and sneeze, the droplets ^{spread} into the air, which can make other people sick.

2. Food must be kept in clean containers and covered.

Ans - Food must be kept in clean containers and covered to keep away dust and flies. The flies and other insects sit on the dirt

heaps and catch the germs. Then they leave these germs on our food and water. When we eat that food or drink that water, we fall sick.

3. The cloth and utensils of a sick person should not be used by another person.

Ans- The cloth and utensils of a sick person carries germs like bacteria, viruses which may spread to a healthy person, if used. So another person should not use sick person's cloth and utensils to avoid contact with disease causing germs and thereby falling sick.