

Chapter 25: Community Health and Hygiene

EXERCISE [PAGE 133]

Exercise | Q 1.1 | Page 133

What are the threats to the health of the community?

SOLUTION

There are several threats to community health. An important threat is a carelessness regarding hygiene.

Exercise | Q 1.2 | Page 133

From the actions given below, mark those that are harmful with a cross and write the explanation in your notebook.

- (1) Burning of tyres.
- (2) Spitting anywhere on the road.
- (3) Using public toilets
- (4) Looking after domestic animals
- (5) Following doctor's instructions in cases of infectious diseases
- (6) Washing your hands before a meal or snack.
- (7) Throwing the garbage from your house on to the road.

SOLUTION

- (1) Burning of tyres. ---X
- (2) Spitting anywhere on the road. ---X
- (3) Using public toilets --X✓
- (4) Looking after domestic animals ---✓
- (5) Following doctor's instructions in cases of infectious diseases ---✓
- (6) Washing your hands before a meal or snack. ---✓
- (7) Throwing the garbage from your house on to the road.--X

Out of the seven, three are threats to community health.

(1) Burning of tyres : If tyres are burnt, they give out poisonous gases. Entire atmosphere will get filled with dark smoke. It will result into air pollution. All the local people will be affected. Therefore this habit is bad for community health .

(2) Spitting anywhere on the road: If in a public place, someone spits, that surrounding becomes dirty and unclean. Spit contains many microorganisms that could spread disease. Epidemics can also spread through spit. The entire community is at risk when others spit.

(3) Throwing garbage from your house on to the road: In garbage, there may be many harmful substances. If there is leftover and discarded food, it will rot causing an increase in breeding houseflies that spread the diseases. The surroundings will get a

foul smell due to garbage. The beauty of the environment would also be lost. Entire community is at inconvenience due to garbage thrown.

USE YOUR BRAIN POWER ! [PAGE 136]

Use your brain power ! | Q 1 | Page 136

What bad habits will you guard against while trying to achieve your aim or interest in life?

SOLUTION

Do it yourself

EXERCISE [PAGE 136]

Exercise | Q 1.1 | Page 136

Fill in the blank.

A healthy and wholesome life leads to feelings of _____.

SOLUTION

A healthy and wholesome life leads to a feeling of friendship.

Exercise | Q 1.2 | Page 136

Fill in the blank.

Constant presence of tobacco in the digestive organs can lead to cancer of _____.

SOLUTION

Constant presence of tobacco in the digestive organs can lead to cancer of **(any) digestive organs.**

Exercise | Q 1.3 | Page 136

Fill in the blank.

_____ leads to diseases of the liver, intestines and urinary bladder

SOLUTION

Alcoholism leads to diseases of the liver, intestines and urinary bladder

Exercise | Q 1.4 | Page 136

Fill in the blank.

The most important factor in the country's progress and development are its _____.

SOLUTION

The most important factor in the country's progress and development are its **people.**

Exercise | Q 1.5 | Page 136

Fill in the blank.

Good community _____ can be achieved through habits of hygiene and good health.

SOLUTION

Good community health and hygiene can be achieved through habits of hygiene and good health.

Exercise | Q 2.1 | Page 136

True or false? Correct the wrong statement.

Pollution, squalor, epidemics, addictions, and insect-borne diseases are all beneficial for community health.

1. True
2. False

SOLUTION

False.

Pollution, squalor, epidemics, addictions and insect-borne diseases are all threats to the community

Exercise | Q 2.2 | Page 136

True or false? Correct the wrong statement.

There is a ban on spitting in public places.

1. True
2. False

SOLUTION

True.

Exercise | Q 2.3 | Page 136

True or false? Correct the wrong statement.

A nutritious diet, personal hygiene, exercise and pursuit of hobbies lead to excellent health.

1. True
2. False

SOLUTION

True.

Exercise | Q 2.4 | Page 136

True or false? Correct the wrong statement.

We cannot live a wholesome life if we take care of our health.

1. True
2. False

SOLUTION

False.

We can live a wholesome life if we take care of our health

Exercise | Q 3.1 | Page 136

Answer the following question.

How can you achieve excellent health?

SOLUTION

Nutritious food. personal cleanliness. exercise and pursuit of hobbies leads to achievement of excellent health.

Exercise | Q 3.2 | Page 136

Answer the following question.

What factors are a threat to community health?

SOLUTION

Pollution, squalor, epidemics of infectious diseases. addiction, insect-borne diseases, malnutrition are the factors that cause a threat to community health.

Exercise | Q 3.3 | Page 136

Answer the following question.

What are the ill effects of chewing tobacco?

SOLUTION

- (1) If tobacco is consumed, there are ulcers in the mouth. Ulcers develop into bigger wounds and they are later turned into tumours.
- (2) Oral cancer, i.e. cancer of the mouth may be formed.
- (3) Tobacco entering into the digestive system cause cancer of any of the digestive organs. It also leads to various complaints of the digestive system.
- (4) A person with cancer has to undergo painful treatment. It can lead to death.

Exercise | Q 3.4 | Page 136

Answer the following question.

What are the ill effects of alcoholism?

SOLUTION

- (1) Alcohol acts on the brain of a person. Person becomes drowsy and confused.
- (2) Alcohol makes a person lose control over one's actions.
- (3) Alcohol causes diseases of the liver, intestines and kidney, and urinary bladder.