

4. Keeping Diseases Away

Let us assess

1. Question

Which among the following is not a bacterial disease?

- A. Tuberculosis
- B. Tetanus
- C. Chicken pox
- D. Anthrax

Answer

It is not a bacterial disease as its causative agent is a virus. It is caused by a Herpes virus *Varicella zoster* and is a contagious disease mainly occurring in children but also affects adults. Rashes appear on body as pink spots and change to watery blisters causing irritation.

2. Question

“Food safety will be adversely affected by the spread of plant diseases.”

- a. Do you agree with this statement? Why?
- b. Give two examples of plant diseases.

Answer

a. Yes, I agree with this statement as the main source of our food is from the plant. If diseases occur in plants then it will obviously affect the food that we get from plants. For example, if a pathogen attacks rice plant, then we cannot get good quality rice. We will get poor quality, diseased rice. On consuming this rice there may be a chance of diseases in human, animals etc. So these foods are not safe to consume. Thus, the spread of diseases in plants will affect the safety of foods adversely.

b. Two examples of plant diseases are Blight disease of paddy which is caused by bacteria and Bud rot of coconut caused by fungi.

In blight disease of paddy, leaves turn yellow to straw coloured, seedlings dried up and died. In bud rot of coconut terminal bud along with surrounding tissues rot emitting foul smell.

3. Question

How do other pathogens make the condition of AIDS fatal?

Answer

Lymphocytes are mainly concerned with providing immunity to our body. The causative agent of AIDS is HIV. When HIV enters our body, it multiplies using the genetic mechanism of lymphocytes. So the number of lymphocytes decreases considerably in our body. Thus the immune power of the body gets reduced. When various other pathogens enter our body, our body cannot provide proper immune response against these pathogens and we are likely to suffer from various other diseases so it can make the condition of AIDS fatal.

Extended activities

1. Question

Prepare a check list and collect information on various lifestyle diseases. Find out the lifestyle diseases that are seen commonly.

Answer

Lifestyle diseases are those diseases which occur according to the lifestyle a person or a group of people lives which includes smoking, overuse of alcohol, poor diet, lack of physical activity, chronic stress etc. Various lifestyle diseases are obesity, diabetes mellitus, hypertension, cardiovascular diseases, drug abuse, colon cancer etc.

Addiction is a lifestyle disease that results from drug or alcohol use. Unhealthy eating habits, reduced

physical activity, stressful lifestyle is the main cause of obesity i.e. overweight which is the main cause of other diseases like hypertension, diabetes, cardiovascular diseases etc. Unhealthy eating habits like junk foods, oily foods etc. cause high cholesterol which is a link with heart disease. Hypertension is also caused due to obesity, chronic stress, unhealthy eating habits. Liver cirrhosis occurs due to heavy alcohol consumption. Smoking can cause lung cancer and other respiratory disorders.

2. Question

Prepare and exhibit posters highlighting the fact that social hygiene is as important as personal hygiene.

Answer

Social hygiene is one's practices associated with people. It is a practice of measures to eliminate the venereal disease. For example, covering our mouth and nose while sneezing, coughing etc. We should wear masks while going out. Vendors selling foods should cover their food preventing contamination from flies and other insects that spread diseases. Keeping our environment clean, open drains should be cleaned, not allowing water to stand on roads. We should keep public toilets clean.

Personal cleanliness includes washing hands properly before and after meals, bathing properly with soap and water every day, clipping nails, combing and cleaning hair daily, eating healthy food, drinking clean and pure water, brushing teeth, doing exercise regularly etc.



Importance Of Health And Hygiene



Oral Hygiene



Bathing Ritual



Hair Care



Foot Hygiene



Toileting Hygiene



Hand Hygiene



Coughing and Sneezing Hygiene



Home Hygiene

