

Diseases and First Aid

REVIEW QUESTIONS

Multiple Choice questions:

1. Put a tick mark (✓) against the correct alternative in the following statements:

(a) A mosquito is a vector for

1. Typhoid
2. Cholera
3. **Malaria**
4. Jaundice

(b) Dengue is caused by a

1. Protozoan
2. **Virus**
3. Worm
4. Fungus

(c) The idea of vaccination was conceived by

1. Charles Darwin
2. Alexander Flemming
3. Issac Newton
4. **Edward Jenner**

(d) Which one of the following is not a psychotropic drug ?

1. Morphine
2. Cocaine
3. Heroin
4. **Penicillin**

(e) Which one of the following is a communicable disease ?

1. **Measles**
2. Cancer
3. Heart stroke
4. Allergy

(f) Cataract is a disease of: –

1. Ears
2. Nose
3. **Eyes**
4. Throat

(g) Infectious diseases can be prevented by:

1. Medicines
2. Proper food
3. **Immunisation**
4. Exercise

(h) Which one of the following is a genetic disease ?

1. Scurvy
2. Leukemia
3. Goitre
4. **Haemophilia**

(i) Which one of the following is a degenerative disease ?

1. Thalassemia
2. Beri-beri
3. **Cataract**
4. Diabetes

(j) Pellagra is one disease caused by the deficiency of:

1. **Vit. B₃**
2. Vit. B₁
3. Vit. C
4. Vit. D

(k) Hay fever and asthma are

1. Deficiency diseases
2. Genetic diseases
3. Organic diseases
4. **Allergy diseases**

(I) Which one of the following vitamin deficiency diseases can be cured by eating a diet which includes carrot, yellow fruits, vegetables, butter, milk, fish ?

1. Beri-beri
2. Dermatitis
3. **Night blindness**
4. Scurvy

Short Answer Questions:

Question 1(a).

What is a non-communicable disease ?

Answer:

The diseases which are caused due to improper functioning of the body organs e.g. diabetes, heart attack. They are not caused by germs and not transmitted from one to another.

Question 1(b).

What are communicable diseases ?

Answer:

Those disease which spread from one person to another by the entry of microorganisms are known as communicable diseases.

Question 1(c).

How can we control spreading of diseases by mosquitoes and houseflies ?

Answer:

We can control spreading of diseases by mosquitoes and houseflies by using repellants, throwing garbage in covered bins, avoiding stagnation of water and checking breeding of these insects.

Question 1(d).

Public hygiene is equally important as personal hygiene. Give reasons.

Answer:

Keeping oneself clean is personal hygiene. But public hygiene is equally important as dirty surrounding may lead to more of houseflies, mosquitoes and other insects which are major vectors of many communicable diseases. Clean surrounding also provides good mental health as it soothes our mind.

Question 1(e).

What is a deficiency disease ?

Answer:

These disease are caused by lack of nutrients, vitamins, minerals as a anaemia, goitre.

Question 1(f).

Biting nails should be strictly avoided. Give reason.

Answer:

Nail biting may cause many disease as the dirt has many bacteria causing diseases. Nails should be cut from time to time to save from diseases.

Question 1(g).

Regular exercise and proper rest is a must. Give reason.

Answer:

Regular exercise keeps our body strong and immune to many diseases, rest refreshes our body.

Question 1(h).

Children eating more of fast food tend to suffer from obesity (overweight). Comment.

Answer:

Fast food like pizza, burger, patty, oily foods etc. have much carbohydrates and fats. Children eating these become more and more fat and gain weight soon as they do not do much of physical work.

2. Name the following:

Question 2(a).

A viral disease caused due to unhealthy sexual contact

Answer:

AIDS.

Question 2(b).

A disease caused due to Plasmodium

Answer:

Malaria.

Question 2(c).

A disease caused by the bite of female Anopheles mosquito

Answer:

Malaria.

Question 2(d).

Two viral diseases caused by mosquito bites

Answer:

Dengu, Chikungunya.

Question 2(e).

Any droplet — borne disease.

Answer:

Amoebiasis, Cholera, Hepatitis A.

Question 2(f).

A viral disease caused by the bite of a dog

Answer:

Rabies/Hydrophobia

Question 2(g).

A disease due to choking of coronary artery

Answer:

Atherosclerosis.

Question 2(h).

Two diseases caused due to deficiency of protein in the diet of a child.

Answer:

Kwashiorkor and marasmus.

3. Write short (2-3 sentences) notes on the following:

Disease, immunisation, pathogen, AIDS, vaccination, vector.

Answer:

Disease: Disease is a departure from normal health due to structural or functional disorder of the body. Disease may be due to deficiency of nutrients or malfunctioning of organs or 1 genetic disorders, improper metabolic activity, or allergies, or cancer and mental illness as diabetes, haemophilia, leukemia, schizophrenia.

Immunisation: It means, we make the body immune to certain diseases by introducing respective weakened germs into the body. Thus we develop resistance to the concerned disease this process is called immunisation. The germs or the material introduced into the body to make it resistant to the concerned disease is called vaccine. This produces antibodies in the body of the person and the person can be saved by these antibodies. The vaccine can be given by the injection or orally as polio drops, tap vaccine for typhoid, BCG vaccine for tuberculosis.

Pathogens: The germs that cause diseases to human beings and to other animals and plants are called pathogens. They spread the diseases from person to person or through the air or through the articles of the diseased persons. Pathogens may be different kinds of bacteria, viruses, fungi, protozoans or worms.

AID'S (Acquired Immune Deficiency Syndrome): It is a viral disease caused by the virus called HIV (Human immuno deficiency virus) This virus makes the defence

mechanism of the human body very weak. The immune system in the body as W.B.C. becomes weak. Thus the person catches the infectious diseases very easily. This disease spreads through sexual contact as one of the partner may be carrier of the disease. It may spread through the blood transfusion and infected syringes, blades of the barbers, it may infect the developing baby through the blood by the mother. It is very deadly disease.

Vaccination: Vaccination is a method of making the body immune to a particular disease by injecting killed or weakened disease causing microbe into a body to stimulate the formation of antibodies and develop immunity to that disease causing microbe.

Vector: A vector is an organism that carries disease causing microbes (pathogens) from one host to another. They are the carriers of infection. Example: Mosquito, housefly, etc.

P.Q. Fill in the blanks by selecting suitable words given below:
(clotting, goitre, insuline, rickets, iron, proteins)

- (a) Anaemia is caused due to the deficiency of **iron**.
- (b) Deficiency of Vit. D causes **rickets** in children.
- (c) Deficiency of iodine in the diet may cause **goitre**.
- (d) Diabetes is caused due to undersecretion of **insulin**.
- (e) Kwashiorkor is caused due to the deficiency of **proteins**.
- (f) Haemophilia is a disease caused due to slow **clotting** of the blood.

P.Q. Find the odd one out:

- (a) Typhoid, cholera, jaundice, tuberculosis, tetanus.
Jaundice is odd one
- (b) Cold, AIDS, plague, malaria, measles.
Malaria is odd one.
- (c) Scurvy, rickets, haemophilia, pellagra, night blindness.
Haemophilia is odd one.
- (d) Proteins, carbohydrates, fats, minerals, cancer.
Cancer is odd one.

P.Q. Fill in the blank in the following table:

Vitamin	Name of the deficiency diseases	Source of vitamin	Function of vitamin
(a) Vitamin A	
(b)	Beri-beri	
(c) Ascorbic acid	
(d)	Rickets (in childhood) bones turn soft	

Answer:

Vitamin	Name of the deficiency diseases	Source of vitamin	Function of vitamin
(a) Vitamin A	Night blindness	Carrot, fish milk, yellow fruits.	Growth of hair, skin

(b) Vitamin B ₁	Beri-beri	Eggs, nuts, legume	Carbohydrate metabolism.
(c) Ascorbic acid	Scurvy (bleeding gums)	Citrus fruits, tomatoes	Develops immunity
(d) Vitamin D	Rickets (in childhood) bones turn soft	Sun light, milk, butter fish liver oil, egg yolk	Controls calcium phosphorus, metabolism.

Long Answer Questions:

Question 1.

What is vaccination? Mention the four ways in which vaccine's are prepared, giving the name of one disease for which each type of vaccine is used.

Answer:

For developing resistance in the body we introduce germs or germ substances in the body to develop resistance in the body against a particular disease. The material introduced into the body is called vaccine, this practice is called prophylaxis. The germ or the germ substance is put into the body orally as polio drops or it is introduced by injection as TAB vaccine. Vaccine or vaccination was attached with small pox, but it is now used in a general sense.

Preparation:

1. Killed germs are introduced into the body These act as vaccine for TAB, vaccine for typhoid, Salk's vaccine for poliomyelitis. Rabies vaccine for dog bite.
2. **Living weakened germs:** The living germs are treated in such a way that they become very weak and as such, they cannot cause the disease. They can induce antibody formation such as the vaccine for measles and the freeze-dried BCG vaccine for tuberculosis.
3. **Living fully virulent germs:** These virulent germs in small doses are introduced into the body as vaccine and these produce antibodies in the body and these do not allow the germs of particular type to cause that disease: In this vaccination the person is inoculated with cowpox virus. It is very similar to small pox virus.
4. **Toxoids:** Toxoids are prepared from the extracts, of toxins secreted by bacteria. These toxins are poisons and these are made harmless by adding formalin into them. They retain their capacity and as a result when introduced into the body they produce antibodies into the body and do not allow the germs to grow in the body as vaccines for diphtheria and tetanus.

Question 2.

Burns can be superficial burns, deep burns or chemical burns. What emergency care you would suggest in each case.

Answer:

When one gets burnt up accidentally one should not pull clothes from the burnt area and one should not cut the blisters. One should apply butter, vaseline or ointment.

- **Superficial burns:** When there are superficial burns, put cold water on it and apply some oily substance, bumol, castor oil, vaseline, butter etc.
- **Deep burns:** When there are deep burns do not put cold water on the burnt area. Seek the help of hospital and one should be kept under the treatment of some expert doctor of skin.
- **Chemical burns:** In case of chemical burns i.e., due to acid and other chemicals, wash with running water for 10 minutes and then cover with dressing.

Question 3.

Describe the ways in which communicable diseases are transmitted through various indirect methods.

Answer:

Indirect methods of transmission of communicable diseases:

1. **Using items used by the infected persons:** The healthy persons may be infected by using the articles like towel, hankey, utensils, bedding used by the patient infected by the communicable diseases. Diseases like tuberculosis, ring worm; common cold, influenza are transmitted by this method.
2. **Contaminated food and water:** Diseases like dysentery, cholera spread through the contaminated food and water. Flies sitting on the food, if taken by a healthy person may be infected by the germs which may cause vomiting and loose motions. Similarly water and food infected by entamoeba may cause dysentery to persons who may take contaminated food.
3. **Vectors or carriers:** Organisms like mosquitoes and house flies, ticks carry germs from the source of infection and pass on the germs to the normal persons and thus they are infected by diseases like malaria, cholera, plague. These organisms which carry the disease are called vectors and are not infected themselves.
Mosquitoes suck blood and carry the disease causing protozoans from infected persons to healthy persons.
Similarly houseflies carry the germs from garbage and sewage to the food. If this food is taken by the persons they become prey to typhoid and other diseases.
4. **Air:** One sneeze from a person infected by cold may give billions of germs which are carried by air and may infect the healthy person. Tuberculosis passes from one person to other by coughing or sneezing of the infected person.
These germs remain suspended in the air and persons may be infected by these spores or germs. Common cold, measles, diptheria, chicken pox.

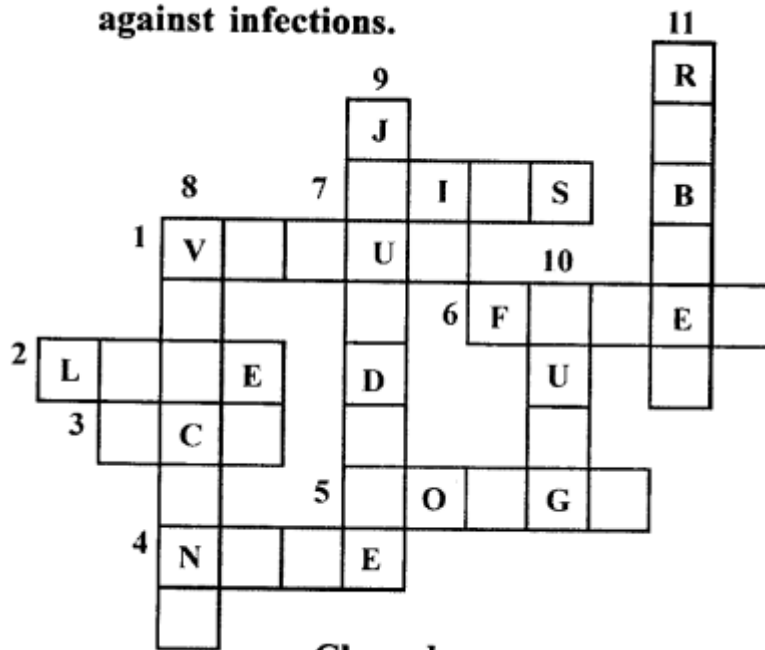
Question 4.

Given a crossword puzzle. Read the clues across and clues downward, and fill up the blank squares. Check up your performance with the correct solution given at the end.

Clues across

1. Category of pathogen that causes diseases, like common cold and mumps.
2. These may readily grow in your hair, if you do not wash it regularly.
3. This is the vaccine for preventing tuberculosis.
4. Cover this part of your body by a handkerchief while sneezing to prevent droplet infection to others.
5. The disease pertussis is popularly known as whooping
6. One of the most common insects which visits our exposed foods and contaminates them.

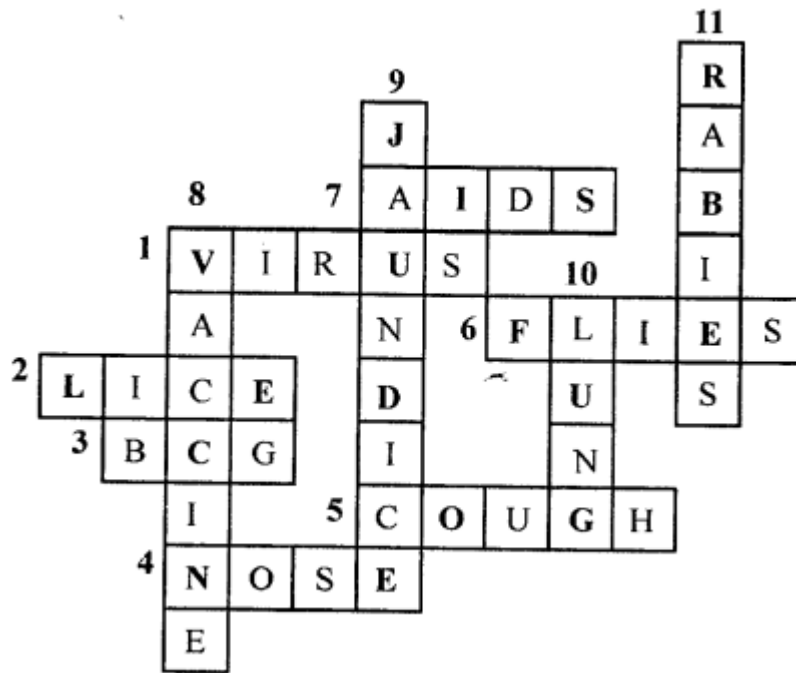
7. A disease that weakens body's defence system
against infections.



Clues down

8. Germ or germ – substance introduced into the body to prevent occurrence of an infectious disease.
9. A disease in which the eyes, the skin and the urine turn yellow.
10. An organ usually affected by tuberculosis.
11. A disease caused by the bite of an infected dog, and which affects the central nervous system.

Answer:



ADDITIONAL QUESTIONS

I. Multiple choice questions. Tick (✓) the correct choice:

1. Which of the following is a disease caused by bacteria?

1. **cholera**
2. AIDS
3. malaria
4. rabies

2. Which of the following is not a viral disease?

1. **pneumonia**
2. measles
3. polio
4. rabies

3. Ringworm is a disease caused by

1. protozoa
2. **bacteria**

3. virus
4. **fungi**

4. Kwashiorkor is caused by

1. smoking
2. worms
3. virus
4. **imbalance in diet**

II. Fill in the blanks :

1. Over-eating causes a disease called **obesity**.
2. Food poisoning is caused by **bacteria**.
3. One of the diseases caused by protozoa is **malaria**.

III. Find the odd one out, giving reason:

Pneumonia, cholera, leprosy, measles

Answer:

Measles: is the odd-one out as it is a disease caused by a virus while the rest three are bacterial diseases. –

IV. Define the following:

1. Diseases
2. Malnutrition

Answer:

1. **Diseases:** Any disorder or abnormal working of an organ, part or system of the body leads to illness called as disease.
2. **Malnutrition:** The condition of nutrition in which the food is either in inadequate quantity or in excess or it lacks in some essential nutrient is called malnutrition.

V. Name the following:

Question 1.

Two diseases each caused by bacteria, protozoa and virus.

Answer:

Two diseases caused by bacteria are pneumonia and cholera. Two diseases caused by protozoa are malaria and amoebiasis. Two diseases caused by virus are chicken pox and AIDS.

Question 2.

Organism which causes malaria.

Answer:

Protozoa (called Plasmodium).

Question 3.

Cause of obesity.

Answer:

Excess of food (overnutrition).

VI. Answer the following questions:

Column A	Column B
1. Beri-beri	(a) Vitamin C
2. Anaemia	(b) Vitamin D
3. Scurvy	(c) Vitamin A
4. Rickets	(d) Vitamin B ₁
5. Goitre	(e) Iron
6. Night blindness	(f) Iodine
Ans. Column A	Column B
1. Beri-beri	(d) Vitamin B ₁
2. Anaemia	(e) Iron
3. Scurvy	(a) Vitamin C
4. Rickets	(b) Vitamin D
5. Goitre	(f) Iodine
6. Night blindness	(c) Vitamin A

Question 1.

List the causes of diseases.

Answer:

Diseases develop due to a number of causes such as:

1. imbalances in the diet.
2. infection by micro-organisms.
3. malfunctioning of body organs.
4. allergic reactions to substances in the environment.
5. social factors such as smoking, alcoholism, drug addiction, unhealthy life style.

Question 2.

What are deficiency diseases?

Answer:

The diseases caused by inadequate intake of food or the lack of some essential nutrient in our diet are called deficiency diseases.

Question 3.

Differentiate between undernutrition and malnutrition.

Answer:

Undernutrition

1. It is a condition of nutrition where food is inadequate.
2. It leads to deficiency diseases.
3. Undernutrition is a form of malnutrition

Malnutrition

1. It is condition of nutrition where food is either inadequate, or excess or lacks some essential nutrient.
2. It leads to deficiency diseases and obesity.
3. Malnutrition has many forms like undernutrition, overnutrition or imbalance of nutrients in diet.

DEFICIENCY DISEASES

I. Multiple choice questions. Tick (✓) the correct choice:

1. Kwashiorkor is a disease caused by

1. microbes
2. **deficiency of nutrients**
3. environment
4. defects in body organs

2. Deficiency of vitamin C causes

1. **scurvy**
2. beri-beri
3. rickets
4. skin diseases

3. Deficiency of vitamin K can cause

1. **haemorrhage**
2. bleeding gums
3. rickets
4. skin diseases

II. Fill in the blanks:

1. Protruding belly is a symptom noticed in **kwashiorkor**.
2. The disease kwashiorkor results from the deficiency of **proteins**.
3. The mineral **fluorine** is responsible for tooth decay.

III. Find the odd one out, giving reasons:

1. Kwashiorkor, scurvy, beri-beri, night blindness.
2. Goitre, tooth decay, anaemia, rickets.

Answer:

1. **Kwashiorkor:** Kwashiorkor is the odd-one out as it is a protein deficiency disease while the rest three are vitamin deficiency diseases.
2. **Rickets:** Rickets is the odd-one out as it is a vitamin deficiency disease while the rest three are mineral deficiency diseases.

IV. Name the following:

Question 1.

Three vitamin-deficiency diseases.

Answer:

1. Night blindness (due to deficiency of Vitamin A).
2. Scurvy (due to deficiency of Vitamin C).
3. Rickets (due to deficiency of Vitamin D).

Question 2.

Three mineral-deficiency diseases.

Answer:

1. Anaemia (due to deficiency of iron).
2. Goitre (due to deficiency of iodine).
3. Tooth decay (due to deficiency of fluorine).

V. Mention the food constituents which may be lacking in one's diet, in case of the following:

1. A child having rickets.
2. A person suffering from scurvy.
3. A person suffering from beri-beri.
4. A child suffering from kwashiorkor.
5. A person suffering from poor eyesight.
6. A person suffering from anaemia.

Answer:

1. Vitamin D and calcium.
2. Vitamin C.
3. Vitamin B.
4. Protein and energy giving carbohydrates.
5. Vitamin A.
6. Iron.

VI. Match the items in Column A with those in Column B:

VII. Answer the following questions:

Question 1.

What is meant by PEM? Name the diseases caused by PEM.

Answer:

PEM (Protein energy malnutrition) is a term used to describe diets which lack proteins and energy giving carbohydrates. They are common among children.

Kwashiorkor and marasmus are diseases which result from PEM.

Question 2.

Give the symptoms of kwashiorkor and marasmus.

Answer:

Symptoms of kwashiorkor:

1. Protruding belly.
2. Dark and scaly skin.
3. Brownish hair.
4. Stunted growth; underweight.
5. Swollen legs due to water accumulation.
6. Anaemia.
7. Mental retardation.
8. Reduced immunity.
9. Loss of appetite.

10. Loss of appetite

Symptoms of Marasmus:

1. Poor muscle development.
2. Bones showing through skin, no fat.
3. Weak legs.
4. Anaemia.
5. Grossly underweight.
6. Mental retardation.
7. Reduced immunity.
8. Loss of appetite.

Question 3.

Why should we not eat polished rice?

Answer:

Polished rice is an example of 'processed' food. Processing removes many of the Vitamin B's. Beri-beri is caused by the lack of Vitamin B₁. Therefore, we should not eat polished rice.

MICROORGANISMS AND DISEASES

I. Multiple choice questions. Tick (✓) the correct choice:

1. Which of the following diseases is spread through coughing and sneezing?

1. Diphtheria
2. Hepatitis
3. Tetanus
4. Polio

2. Which of the following diseases is transmitted by a carrier?

1. Dengue
2. Tetanus
3. Hepatitis
4. Common cold

3. Which of the following diseases is spread through infected rats?

1. Hepatitis
2. Dengue
3. Plague

4. Common cold

4. Which of the following is a non-infectious disease?

1. Cholera
2. Typhoid
3. Diabetes
4. Plague

5. A disease spread by the bite of a mad dog is

1. Rabies
2. Plague
3. Polio
4. Measles

II. Define the following:

1. Pathogen
2. Vector
3. Droplet infection
4. Infectious diseases

Answer:

1. **Pathogen:** The microbes that cause disease are called pathogens. Example: Bacteria, virus, etc.
2. **Vector:** A vector is an organism that carries disease causing microbes (pathogens) from one host to another. They are the carriers of infection. Example: Mosquito, housefly, etc.
3. **Droplet infection:** Droplet infection is an infection transmitted from one individual to another by droplets of saliva or nasal moisture during coughing, sneezing, speaking and spitting.
4. **Infectious diseases:** The diseases which spread from an infected person to a healthy person through air, water, food, soil or physical contact are called communicable diseases. Example: Common cold, chickenpox, etc.

III. Mention the causal organisms of the following diseases:

1. Cholera
2. Tuberculosis
3. Common cold
4. Chickenpox
5. Typhoid

6. Polio
7. Rabies

Answer:

1. Cholera — Bacteria
2. Tuberculosis — Bacteria
3. Common cold — Virus
4. Chickenpox — Virus
5. Typhoid — Bacteria
6. Polio — Virus
7. Rabies — Virus

IV. Answer the following questions:

Question 1.

What are communicable diseases? Name three such diseases.

Answer:

Diseases which spread from an infected person to a healthy person are called communicable or infectious diseases. These diseases are caused through infections by microbes called pathogens.

Example: Cholera, typhoid, cold, malaria, AIDS.

Question 2.

List the different ways by which communicable diseases are transmitted.

Answer:

Communicable diseases are transmitted broadly by two modes:

1. **Direct transmission:** It is by
 - (a) **Direct contact:** From skin to skin. Examples: eye infection (conjunctivitis), skin diseases, etc.
 - (b) **Droplet infection:** From droplet of saliva or nose during cough, sneezing, speaking and spitting. Examples: Tuberculosis (TB), common cold, whooping cough, influenza.
 - (c) **Contact with soil.** Example: mycosis, tetanus.
 - (d) **Inoculation into skin:** Microbes may inoculate directly into skin. Examples: Rabies virus is inoculated by dog bite, hepatitis B virus is inoculated through contaminated needles and syringes.
2. **Indirect transmission:** It is by
 - (a) Transmission of microbes through water and food (vehicle borne transmission). Examples: typhoid, cholera, polio, food poisoning, diarrhoea etc.
 - (b) Transmission by blood. Examples: Hepatitis B and malaria.
 - (c) Transmission of microbes by an arthropod/living carrier (vector borne). Examples: malaria, dengue are transmitted by mosquito, typhoid, cholera are transmitted by housefly, plague is transmitted by rat flea, etc.

(d) Transmission through fomites: Fomites include soiled clothes, towel, cups, spoon, toys, etc. Examples: diphtheria, eye and skin infection.

(e) Transmission through unclean hands. Examples: typhoid, intestinal parasites.

(f) Air borne transmission. Examples: epidemic typhus.

Question 3.

Differentiate between communicable and non-communicable diseases.

Answer:

Communicable diseases

1. Diseases which spread from one person to another.
2. These are also called as infectious diseases.
3. These diseases are caused by microbes called pathogens.
4. Examples : AIDS, cholera, cold, mumps, typhoid etc.

Non-communicable diseases

1. Diseases which do not spread from person to person and remain confined to the diseased person.
2. These are also called as non-infectious diseases.
3. These diseases are not caused by microbes.
4. Examples : allergy, diabetes, anaemia, etc.

DISEASES DUE TO MALFUNCTIONING OF BODY ORGANS, FIRST AID MEASURES AND HYGIENE

I. Multiple choice questions. Tick (✓) the correct choice:

1. Malfunctioning of pancreas causes

1. **diabetes**
2. arthritis
3. cataract
4. goitre

2. First vaccine was produced by

1. Pasteur
2. A. Fleming
3. **Jenner**
4. Robert Hooke

3. Cataract is a disease of the

1. heart
2. **eye**
3. kidney
4. pancreas

II. Fill in the blanks:

1. The disease caused by the bite of a mad dog is **rabies**.
2. Diseases of heart and kidney are due to **malfunctioning of body organs**.
3. Uremia is caused due to the malfunctioning of **kidney**.

III. Find the odd one out, giving reasons:

Diabetes, arthritis, cataract, obesity.

Answer:

Obesity: Obesity is the odd one out as it is caused by imbalance in diet (over-nutrition) while the rest three are the diseases due to malfunctioning of body organs.

IV. Define the following:

1. Vaccination
2. Immunisation
3. Immunity
4. Vaccine
5. Pathogen
6. Atherosclerosis

Answer:

1. **Vaccination:** Vaccination is a method of making the body immune to a particular disease by injecting killed or weakened disease causing microbe into a body to stimulate the formation of antibodies and develop immunity to that disease causing microbe.
2. **Immunisation:** Immunisation is body's natural defence mechanism which acts by producing antibodies against the antigens infecting the body.
3. **Immunity:** The ability of an organism to resist and overcome infection is called immunity.
4. **Vaccine:** A vaccine is a biological preparation of a weakened or killed pathogen (disease causing microbes) which stimulates the formation of antibodies and develops immunity against a particular disease.
5. **Pathogen:** Any organism that is capable of causing disease is called a pathogen. Examples: bacteria, virus or other microorganism.

6. **Atherosclerosis:** Atherosclerosis is a disease caused by the malfunctioning of heart wherein the arterial walls get hardened and thickened, reducing the flow of blood and raising the blood pressure.

V. Answer the following questions:

Question 1.

Write, in brief, about the following: (a) Fever, (b) Allergy, (c) First-aid measures in case of cuts, burns, bites and stings.

Answer:

(a) Fever: Fever is the most common symptom of an infection in the human body. The body temperature rises above the normal i.e., 37°C (98.6°F). Fever might be associated with pain in the body, headache and tiredness. Rest, light diet, fluids and medicines help in reducing fever.

(b) Allergy: Allergy is an excessive sensitivity of the human body to some substances which are otherwise harmless. The allergens include dust, pollen grains, spores, furs, etc. Asthma and hay fever are examples of allergies. Rashes, itching, wheezing and sneezing are common symptoms of allergy.

(c) First-aid in case of cuts: Cut area should be cleaned and washed with warm water. Foreign matter, if any, should be removed. Wound area be raised above the heart level and bandage to be put after the blood flow stops.

First-aid in case of burns: Hold the burnt area under cold running water in first and second degree burns for 15 minutes. Wash with soap and leave uncovered. Give the tetanus injection. In case of third-degree burns, cover the burnt with dry, sterile dressing and contact the emergency medical services.

First-aid in case of bites: Hold the bite area under cool running water for 15 minutes. Wash with soap and water. Rinse again. Dry the area, elevate the bite area above the heart level for 8 hours and give a tetanus injection. In case of a snake bite, run water over the bite, rub powdered potassium permanganate and put a piece of cloth tightly around the area to prevent the poison from reaching heart and other body parts.

First-aid in case of stings: Remove the sting with tweezers. Wash the area with soap and cold water, apply oil or vaseline, cover with sterile gauze. If swelling, apply ice. Keep the stung area above the heart.

Question 2.

What would you do to lead a healthy life?

Answer:

Personal hygiene is very important to lead a healthy life. It can be done by:

1. **Proper diet:** Balanced diet is very important.
2. **Sleep:** Adequate sleep of 6-8 hours a day.
3. **Regular exercise:** Sufficient physical activity.

4. **Cleanliness:** Keeping the body clean to prevent infections.
5. **Proper lifestyle:** Junk foods, long hours of table work, late night sleeps etc. should be avoided to lead a healthy life.

Question 3.

What steps would you take to prevent and control diseases?

Answer:

Prevention and control of diseases can be done by:

1. Proper sanitation.
2. Provision of safe and clean water supply in adequate quantity.
3. Spray of insecticides to prevent mosquito breeding.
4. Personal hygiene which includes proper diet, sleep, regular exercise, cleanliness and healthy lifestyle.
5. Immunisation (vaccination).
6. Health education.

Question 4.

Mention the contributions of (i) Edward Jenner and (ii) Louis Pasteur.

Answer:

(i) Edward Jenner was the first to develop the technique of vaccination in 1798.

(ii) Louis Pasteur established that many diseases were caused by microbes and he demonstrated the principle of immunisation, vaccines and antibodies.

Question 5.

What is diabetes? What are the symptoms?

Answer:

Diabetes is a disease caused by the malfunctioning of pancreas in the body. When enough insulin is not produced by pancreas, the sugar levels rise in the blood and urine. Symptoms of diabetes include excessive thirst, frequent urination at night, loss of weight and fatigue.

Question 6.

What is atherosclerosis? Name the organs which are affected in this disease.

Answer:

Atherosclerosis is a disease caused by the malfunctioning of circulatory system in the body. The arterial walls get hardened and thickened, reducing the flow of blood. This raises the blood pressure.

Question 7.

How does vaccination prevent diseases?

Answer:

A vaccine contains a killed or weakened disease causing microbe that is responsible for infection. Because the germ is killed, it cannot make the person sick. When a person receives a vaccine, the body reacts by producing antibodies in defence. The antibodies

remain in the blood for long and destroys the germs of a particular disease. In other words, vaccines expose people safely to germs so that they can fight with the same germs in future against its specific disease.

CHAPTER ASSIGNMENT

**I. Which of the following statements are true (T) and which ones are false (F)?
Mark T or F:**

1. AIDS is caused by a bacterium.
False. AIDS is caused by a virus.
2. Sneezing is an example of droplet infection.
True.
3. Malaria is a vector-borne disease.
True.
4. Atherosclerosis is a disease of the liver.
False. Atherosclerosis is a disease of the heart.
5. Filariasis is caused by worms.
True.

**II. Give differences between the following:
First degree burn and second degree burn.**

Answer:

First degree burn

1. It effects the skinsoutermost layer.
2. It is less severe.
3. There are no blisters. Just redness and swelling.
4. This is also called a superficial bum.
5. They are dry.
6. They heal on their own in a week or so.
7. Example: Ordinary sunburn.

Second degree burn

1. It effects epidermis and dermis of the skin.
2. It is more severe and painful.
3. The skin becomes red and has blisters.
4. This is also called as partial thickness bum.
5. They are moist.
6. They might need medical attention and heal in 2-3 weeks.
7. Example: Blisters formed by hot oil accidentally.

III. Answer the following questions:

Question 1.

Give the first aid measures in case of second degree burns.

Answer:

First-aid in case of second degree burns:

1. Hold the burnt area under cold running water for 15 minutes.
2. Do not break the blisters.
3. Wash the area with mild soap and water.
4. Dry and put an antibiotic ointment.
5. If blisters have not broken open, leave the area uncovered.
6. If blisters have broken open, bandage is needed.

Question 2.

Name three commonly used vaccines.

Answer:

Three commonly used vaccines are:

1. BCG for tuberculosis.
2. Salk vaccine for polio.
3. DPT for diphtheria, pertussis (whooping cough) and tetanus.

Question 3.

How vaccination helps to prevent diseases?

Answer:

A vaccine contains a killed or weakened disease causing microbe that is responsible for infection. Because the germ is killed, it cannot make the person sick. When a person receives a vaccine, the body reacts by producing antibodies in defence. The antibodies remain in the blood for long and destroys the germs of a particular disease. In other words, vaccines expose people safely to germs so that they can fight with the same germs in future against its specific disease.

Question 4.

Why should you not allow water to stagnate near your house?

Answer:

We should not allow water to stagnate near our house because:

1. Stagnant water is a breeding place for several mosquitoes which are carriers of many diseases like malaria and dengue.
2. It starts growing algae, etc. and stinks and rots the ground.

IV. Crossword Puzzle

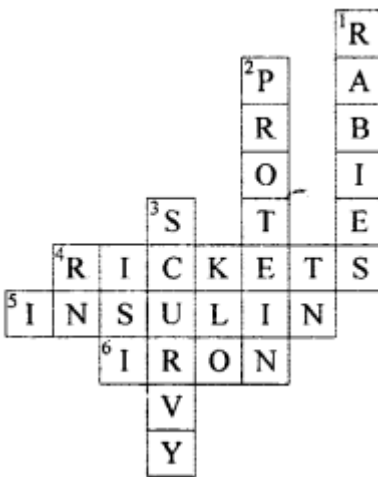
DOWN

1. A disease caused due to the bite of a mad dog. (6)
2. Kwashiorkor and marasmus are caused due to the deficiency of this food component. (7)
3. A disease causing bleeding gums. (6)

ACROSS

4. A disease due to deficiency of vitamin D. (7)
5. Diabetes is caused due to deficiency of this hormone. (7)
6. The deficiency of this mineral causes anaemia. (4)

Answer:



DOWN

1. Rabies
2. Protein
3. Scurvy

ACROSS

4. Rickets
5. Insulin
6. Iron

SOME MORE USEFUL QUESTIONS

Question 1.

Obesity can lead to many problems. Name them.

Answer:

Obesity can lead to heart disease, high blood pressure and diabetes.

Question 2.

What does deficiency of carbohydrates lead to?

Answer:

Deficiency of carbohydrates leads to:

Body weakness.

Loss of stamina.

Question 3.

What are antibiotics?

Answer:

Antibiotics are chemical substances that kill or stop the growth of microbes, thereby helping the body to fight diseases. Eg. penicillin.

Question 4.

Who discovered the first antibiotic?

Answer:

The first antibiotic, Penicillin, was discovered by Alexander Fleming.

Question 5.

Give examples of diseases caused by:

1. Fungus
2. Insect bite
3. Ingesting infected food and water
4. Pollution/allergy
5. Worms

Answer:

1. Food poisoning and ringworm.
2. Malaria and dengue.
3. Cholera and typhoid.
4. Asthma and hay fever.
5. Ascariasis and filariasis.

Question 6.

Name two diseases caused by animal bites.

Answer:

Rabies by dog bite.

Snake poisoning by snake bite.

Question 7.

Name few contact infections.

Answer:

Skin diseases, lice, chicken pox, conjunctivitis.

Question 8.

What bad habits can lead to bad health?

Answer:

- Lack of personal hygiene.
- Lack of exercise.
- Addiction to fast food, drugs, tobacco, alcohol etc.
- Poor sanitation.

Question 9.

Name few vectors and diseases caused by them.

Answer:

- Mosquito – malaria, dengue, filaria.
- Housefly – typhoid, cholera, polio.
- Sand fly – kala azar.
- Rat flea – plague.

Question 10.

Name the vitamin and mineral whose deficiency causes rickets.

Answer:

Deficiency of calcium and vitamin D causes rickets.

Question 11.

Name the nutrient lacking in one's diet if a person suffers from:

1. Haemorrhage
2. Dehydration
3. Paralysis
4. Tooth decay
5. Skin diseases

Answer:

1. Vitamin K
2. Sodium
3. Potassium
4. Vitamin D and fluorine
5. Vitamin B₂

Question 12.

Who gave the 'germ theory of disease'?

Answer:

Louis Pasteur.

Question 13.

How can microorganisms enter our body?

Answer:

- Through the air we inhale.
- Through the water we drink.
- Through the food we eat.
- Through skin.

Question 14.

What is conjunctivitis?

Answer:

Conjunctivitis is a viral disease of the eye which is highly infectious i.e., spreads from one person to another very fast.

Question 16.

Name few diseases which are transmitted by air.

Answer:

Common cold, chicken pox, tuberculosis, measles.

Question 17.

What are degenerative diseases? Why do they occur?

Answer:

Diseases due to malfunctioning of body organs are called degenerative diseases. Malfunctioning of body organs occurs due to 'wear and tear' and ageing of body.

Question 18.

Name few diseases caused by malfunctioning of body organs.

Answer:

- Malfunctioning of pancreas causes diabetes.
- Malfunctioning of eyes causes cataract.
- Malfunctioning of bones cause arthritis.
- Malfunctioning of kidneys cause uremia.
- Malfunctioning of heart causes coronary heart disease and atherosclerosis.

Question 19.

Which body part produces insulin?

Answer:

Islets of Langerhans present in pancreas produce the hormone insulin.

Question 20.

What are coronary heart diseases?

Answer:

Coronary heart diseases are diseases due to malfunctioning of heart wherein the blood supply to the heart muscles reduces leading to reduced supply of oxygen to it. This can lead to a temporary pain in the chest. Hardening of arteries which supply blood to the heart muscles cause this disease.

Question 21.

Name a disease which causes opaque eye lens and hence blindness.

Answer:

Cataract.

Question 22.

What is rabies?

Answer:

Rabies is a viral disease caused by the bite of a rabid dog or monkey or rabbit. Saliva of the infected animal causes the rabies infection.

Question 23.

What are antibodies?

Answer:

Antibodies are substances (proteins) which are produced by our body to attack the foreign bodies and they protect the host from disease.

Question 24.

Fill in the blanks:

Answer:

1. Malfunctioning of **kidneys** can lead to accumulation of toxic substances in the body.
2. Lack of insulin may lead to **diabetes**.
3. A **disease** is opposite to health.
4. Intake of inadequate or excess food or unbalanced diet leads to **malnutrition**.
5. Diseases due to infection by microorganisms are called **communicable** diseases.
6. **Louis Pasteur** proved that microbes cause diseases.
7. Inflammation of joints result in **arthritis**.

Question 25.

Give a brief note on body's natural defence mechanism to overcome diseases.

Answer:

1. The skin acts as a barrier to the entry of microbes.
2. Tiny hair and mucous in the nose trap dust and microbes.
3. Digestive juices in the stomach kill microbes which enter the body.
4. White blood cells in the blood destroy the microbes.
5. Immune system produces antibodies against foreign particles.

Question 26.

List few precautions taken to maintain personal hygiene and cleanliness.

Answer:

- Wash your hands before and after meals.
- Brush your teeth twice a day.
- Don't keep long nails.
- Walking barefoot must be avoided.
- Waste food material and garbage should be thrown in bins and covered properly.