



CLASS NOTES-ANSWER

I) Fill in the blanks.

- 1) Communicable diseases are also called infectious diseases.
- 2) Malaria is spread by mosquitoes.
- 3) Mumps can be prevented by taking vaccination.
- 4) Asthma is a non-communicable disease.
- 5) Decrease in haemoglobin level is a symptom of deficiency of iron.

II) Complete the table.

Disease	Germ	Symptom
COVID-19	Virus	cough, fever, difficulty in breathing
Ringworm infection	Fungus	Round itchy rash
Typhoid	Bacterium	high fever, body ache, headache, stomach ache
Cholera	Bacterium	frequent vomiting, watery stools

III) Name the deficiency disease caused by the lack of the following.

- 1) Iodine Goitre
- 2) Vitamin C Scurvy
- 3) Protein-energy Kwashiorkor and marasmus
- 4) Vitamin D Rickets
- 5) Iron Anaemia
- 6) Vitamin A Night blindness

IV) Answer the following questions.

- 1) Give reasons why food should be kept covered at all times.

Answer: Keeping food covered prevents dirt and germs from contaminating food which can otherwise lead to diseases.



2) Name any three diseases that spread through the air.

Answer: Influenza, measles, flu

3) Explain why washing hands frequently is important.

Answer: Washing hands will prevent germs from spreading.

4) How do communicable diseases spread from one person to another?

Answer: Communicable diseases spread from one person to another in the following ways:

- When a person carrying the germs of a particular disease comes in contact with a healthy person, the germs can get transferred. The germs enter the body of the healthy person and that person then suffers from the disease caused by the germs.
- When a person suffering from a particular disease coughs or sneezes, the germs in the person's body are released into the air as droplets. The droplets containing germs float in the air and reach other people in the surroundings. The droplets can also settle down on different objects in the surroundings. When a healthy person breathes in the air containing the germs, he or she too gets the disease. A healthy person can also be infected if he or she touches any object on which the droplets have settled and then touches his or her eyes, nose and mouth without washing hands.

5) State any five preventive measures to be followed to prevent COVID-19.

Answer: COVID-19 can be prevented by the following ways.

- Washing hands frequently with soap and water
- Not touching our eyes, mouth and nose
- Using a handkerchief to cover our mouth when sneezing
- Wearing a mask when going outside
- Avoiding crowded places
- Maintaining at least four-arms distance from others
- Eating foods rich in Vitamin C



- Eating freshly cooked food

6) What are non-infectious diseases?

Answer: Diseases that do not spread from one person to another are called non-infectious diseases.

Higher Order Thinking Skills

Think and Answer

1) Common cold spreads faster than malaria. Justify the statement.

Answer: Common cold spreads through air, while malaria is transmitted through mosquitoes. Since air is everywhere, common cold can spread faster.

2) Jeet suffered from chickenpox when he was in class 1. The doctor said that he may not suffer from it again. Give reasons.

Answer: Jeet may not suffer from chickenpox again because his body will get the ability to fight the germs that cause chickenpox after he recovers from it. If in the future, he gets infected with the germs that cause chickenpox, the body will fight against the germs.