



IV. Long Answer Type Questions

Question 1. If someone in the family gets infectious disease, what precautions will you advice to the other family members?

Answer: For an infectious diseased person in the family following precautions should be taken:

- (1) The surroundings and the house should be clean.
- (2) The infected person should be kept isolated in a separate room.
- (3) The clothes and utensils of patient should be sanitized regularly.
- (4) Separate towels and handkerchief should be used by the patient.
- (5) Children should not be allowed to visit the infected person.
- (6) Clean and boiled drinking water should be given to the patient.
- (7) A balanced and nutritious diet which will provide lot of energy should be given.
- (8) There should be silence and the patient should be given lot of bedrest to overcome the infection.

Question 2. What is a disease? Classify disease based on duration and infection cause.

Answer: Disease can be defined as the state of human health which is not at ease is not comfortable. During disease, the functioning or appearance of one or more systems of the body changes.

Classification:

(a) Based on duration:

Acute diseases: Diseases that last for only short period of time.

Example, headache, common cold etc.

Chronic diseases: Diseases that last for long time is called chronic disease Example, tuberculosis.

(b) Based on cause: Disease can be grouped as

infectious/communicable disease and non-infectious or non-communicable disease.

Infectious diseases: These diseases are caused due to microbes and can spread from one person to another.

Non-infectious diseases: These type of diseases do not spread in the community, but remains internal. Example, cancer, genetic abnormalities.

Question 3. What are the different ways used for the treatment and prevention of diseases?

Answer: Principles of treatment for diseases are:

- (1) To reduce the effect of the diseases.
- (2) To kill the cause of the disease i.e., to kill the microbes like bacteria, fungi, protozoa.

Principles of prevention are:

(a) General ways: It relate to preventing exposure to the microbes. This can be done in following ways:

1. For avoiding air-borne infections—Avoid visiting public place, cover your nose and mouth while sneezing or coughing
2. For water-borne infection—Drink safe, clean and boiled water.
3. For vector-borne diseases—Keep the surroundings clean, keep food and water covered and clean. Do not allow any water to stand as it becomes a breeding ground for mosquitoes.
4. Self immunity—It is self-defence mechanism in our system that can fight off and kill microbes that enter our body.

(b) Specific ways—By giving vaccines, childhood immunisation that is given to children for preventing infections and diseases.

Question 4. State the mode of transmission for the following diseases:

Malaria, AIDS, Jaundice, Typhoid, Cholera, Rabies, Tuberculosis, Diarrhoea, Hepatitis, Influenza.

Answer:

SL. No.	Diseases	Mode of transmission
1.	Malaria	Mosquito bite (female Anopheles mosquito carries protozoa)
2.	AIDS	Infected blood, semen, mother's milk, from mother to foetus.
3.	Jaundice	Contaminated water.
4.	Typhoid	Contaminated food and water.
5.	Cholera	Contaminated food and water.
6.	Rabies	Bite of rabid animal.
7.	Tuberculosis	Cough and sneeze droplets.
8.	Diarrhoea	Contaminated food and water.
9.	Hepatitis	Contaminated food and water.
10.	Influenza	Cough and sneeze droplets.

Question 5. Name all the micro-organisms that causes infectious disease and name few diseases caused by each micro-organism.

Answer:

Infections Micro-organism	Disease
Bacteria	Tuberculosis, typhoid, diarrhoea, cholera
Virus	Polio, AIDS, chickenpox
Protozoa	Malaria, amoebiasis, kala-azar, sleeping sickness
Fungi	Food poisoning, skin diseases

V. Value-Based Questions

Question 1. AIDS is spreading globally at very fast rate, a group of class-IX students made a module on its prevention and posted it on social networking site.

- What is the cause of AIDS?
- Give any two preventions for it.
- What value of these students is reflected in this act?

Answer:

- HIV virus.
- Two preventive measures of AIDS are use of disposable injections, scanning of blood before transfusion for HIV.
- Students showed moral responsibility and general awareness.

Question 2. There is a ban on sale of junk food items in school canteens. A student notices that in his school canteen cold drink, chips and cup noodles were sold. He reports this matter to his teachers and school office. Thereafter the sale of junk food in canteen was stopped and monitored.

- Why is balanced diet necessary for maintaining healthy body?
- Name two diseases caused due to junk food.
- What values of this student is reflected?

Answer:

- Balanced diet provides all the nutrients to our body in appropriate amount and keeps our body healthy.
- Heart diseases and obesity.
- The student showed general awareness and responsible citizen.

Question 3. Sudha's brother who is 5 years old had high fever for two days, doctor prescribes him antibiotics. Sudha hesitantly asks for the name of the disease his brother had and why was he advised to take antibiotics without any diagnosis?

- (a) Is fever a disease?
- (b) What is the role of antibiotics?
- (c) What value of Sudha is reflected in the above act?

Answer:

- (a) Fever is not a disease it is a symptom.
- (b) Antibiotics are medicines advised to be taken only when the immune system of a patient is unable to fight against the microbes.
- (c) Sudha showed moral responsibility, general awareness.

Question 4. Malaria was on the outbreak in a locality of a town. People thought that the bite of mosquitoes cause malaria and started killing mosquitoes. Anita told the masses to clean the breeding grounds of mosquitoes, to add oil on the water bodies and clean all the areas, where stagnant water was present.

- (a) What is the cause of malaria?
- (b) Give two ways to prevent it.
- (c) What value of Anita is reflected in this act?

Answer:

- (a) Malaria is caused due to the protozoa named Plasmodium.
- (b) Two ways to prevent malaria are—
 - (i) Clear all breeding grounds of mosquitoes i.e., stagnant water.
 - (ii) Use mosquito repellents.
- (c) Anita showed the values of social responsibility and self-awareness.

Question 5. Latika was suffering with chickenpox and was advised to stay at home by her doctor. Latika's friend persuades her to go for class picnic along with her and have fun. But Latika refuses and stays at home.

- (a) What is the cause of chickenpox?
- (b) Give one precaution for it.
- (c) What value of Latika is reflected in not going for picnic.

Answer:

- (a) Virus causes chickenpox.
- (b) One precaution of avoiding spread of chickenpox is to stay away from public places when one is suffering from it. Take vaccination.
- (c) Latika showed moral responsibility and self awareness.

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