



QUESTIONS FROM NCERT TEXTBOOK

Question 1. How many times did you fall ill in the last one year?
What were the illnesses?

- (a) Think of one change you could make in your habits in order to avoid any of/ most of the above illnesses.
(b) Think of one change you would wish for in your surroundings in order to avoid any of/most of the above illness.

Answer: The illness was 2-3 times, common-cold, occurred in a year.

- (a) One change I would make in my habits in order to avoid the above illness is that I would take proper diet rich in vitamin C and would avoid too cold food.
(b) The surroundings should be neat, and clean,

Question 2. A doctor/nurse/health worker is exposed to more sick people than others in the community. Find out how she/he avoids getting sick herself/himself?

Answer: A doctor/nurse/health worker when exposed to sick people they keep their nose and mouth covered, take care of hygiene, wash hands with soap before drinking water or eating food. They use mask, gloves, etc to avoid the direct contact with the person suffering from infectious diseases.

Question 3. Conduct a survey in your neighbourhood to find out what the three most common diseases are. Suggest three steps that could be taken by your local authorities to bring down the incidence of these diseases.

Answer:

Common-diseases In neighbourhood	Steps to bring down the diseases spread
1. Malaria	1. Clean surrounding
2. Typhoid	2. Clean drinking water
3. Cough and cold	3. Childhood immunisation

Question 4. A baby is not able to tell his/her caretakers that she/he is sick. What would help us to find out

- (a) that the baby is sick?
(a) what is the sickness?

Answer:

- (a) The symptoms like body temperature, fever, cough, cold, loose-motions, non-stop crying improper or no food intake etc. would help up to find that the baby is sick.
(b) The symptoms could help us to find out the sickness of the body.

Question 5. Under which of the following conditions is a person most likely to fall sick?

- (a) When she is recovering from malaria.
- (b) When she has recovered from malaria and is taking care of someone suffering from chicken-pox.
- (c) When she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken-pox.

Why?

Answer: (c) When she is on a four-day fast after recovering from malaria and is taking care of someone suffering from chicken-pox. As the person is not taking proper diet which is required for her proper health and healing of body. Her chances of getting chicken-pox also high as her body's immunity has lowered.

Question 6. Under which of the following conditions are you most likely to fall sick?

- (a) When you are taking examinations.
- (b) When you have travelled by bus and train for two days.
- (c) When your friend is suffering from measles.

Why?

Answer: (c) When your friend is suffering from measles, as it is an infectious disease.

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