

Maintenances in health and Hygiene

1. What is Hygiene?

Ans. Hygiene is defined as the science and practice of maintaining good health.

2. How can we maintain health?

Ans. The maintenance of health can be at two levels:

- Personal Hygiene:** It is required to take care of and maintaining health of one's own body.
- Community Hygiene:** It includes all the health services required for the maintenance of personal health as well as the health of community.

3. How can we prevent diseases?

Ans. The best way to prevent disease is to avoid the exposure of all body to the pathogens, keep cleanliness and remain healthy.

4. How can we dispose Wastes?

Ans. Waste should be disposed only in covered bins, composed pits or at the garbage stations.

Before that Wastes should be segregated into two types.

- Biodegradable Wastes:** These wastes degrade easily in the nature.
Ex: Fruits and vegetable peels, waste papers etc.
- Non degradable Wastes:** These wastes do not degrade or degrade very slowly in the nature.
Ex: Aluminium and Tin Cans, Glass Bottles etc.

5. What is 3R's policy?

Ans. Waste can be managed by adopting 3R's policy.

- Reduce:** Reduce waste by buying goods more efficiently.
- Reuse:** Reuse unwanted items where possible instead of disposing them off.
- Recycle:** Recycle or compost what cannot be reused.

6. Write the steps through which Wastes are recycled?

Ans. The steps by which wastes are recycled are

- Wastes are thrown in dustbins.
- Rag Picker collects and segregates which prepare recycled materials for reuse.

7. How can we control disease vectors?

Ans. The most important method of controlling disease vectors is elimination of their breeding places.

Therefore,

- The garbage, stable manure and other organic matter must be kept covered so that flies are not able to breed in them.
- Water should not be allowed to stagnate in gutters, drains, coolers and tyres and stagnant water must be drained off.
- If possible, breeding ground must be filled up.
- The surface of water must be covered with petroleum or a thin of oil. This block breathing in mosquito larvae and kills them.

8. What are the effects of health education and awareness?

Ans. The most important step towards public hygiene is the spread of awareness among people regarding sanitation. It has been shown that most of the villages do not use toilet facilities and defecate in the open fields. This results in infections among people.

9. What is Swachh Bharat Abhiyan' campaign?

Ans. This is a campaign launched by Government of India to keep the streets, roads and infrastructure of our country clean.

This campaign was officially launched on 2nd October 2014, at Rajghat, New Delhi, by PM Narendra Modi.

The objective of this project is to reduce or eliminate open defecation through the construction of individual, cluster and community toilets.

10. How can we make ourselves clean?

Ans. To clean ourselves we will have to follow the following steps

- a. By taking bath regularly and keep ourselves clean.
- b. By wearing clean clothes to avoid any infection in the body.
Special care should be taken about the cleanliness of undergarments and handkerchiefs. The clothes should be dried under sunlight to kill the germs.
- c. By washing hands with soap before taking food items and after using toilet facilities or touching any per or non-living things.
- d. A regular head wash and proper combing of hair is important to keep hair clean and head free of lice and fungi.
- e. By brushing teeth regularly twice a day before going to bed at night and after getting up in the morning.
- f. By keeping nose clean to inhale germfree and dust free air.
- g. By washing eyes with clean water and wipe with clean towels.
- h. By cleaning ears with the help of soft and moist swabs.

11. Which types of eating habit can make us healthy?

Ans. The following eating habits can make us healthy.

- a. Avoid food rich in sugar to keep the gums and teeth healthy.
- b. Consume food at a fixed time and with all the nutrients in right proportion.
- c. Consume properly cooked food and boiled drinking water as a preventive measure.
- d. Eatables should be kept covered to prevent their contamination.
- e. Fruits and vegetables should be thoroughly washed before use.
- f. Always eat fresh food which is kept away from dust, flies, insects and microbes etc.
- g. Avoid smoke, tobacco, alcohol and excess chocolates.
- h. Drink boiling water and keeping food in clean covered containers. To avoid contaminations.

12. What happen if we don't sleep properly?

Ans. If we don't sleep properly, we feel tired and sleepy. Less amount of sleep makes us drowsy. As a result, we are not able to concentrate on work. This leads to poor memory, tiredness and decreased activity.

Rest helps our brain to work properly. It makes us alert and keeps us healthy. In fact, whole body relaxes during sleep and gets rejuvenated.

Short Questions

1. Duration of sleep of a Newborn baby is _____.
2. Biodegradable wastes are dumped in _____ bins
3. Less amount of _____ leads to poor memory, tiredness and decreased activity.
4. Duration of sleep of an infant is _____.
5. Our exercise route should be _____ and _____.
6. Non degradable wastes are dumped in _____ bins.
7. Duration of sleep of a Toddler is _____.
8. Covering surface of water with a thin film of oil blocks _____ in mosquito larvae.
9. Food rich in _____ should be avoided to keep the germs and teeth healthy.
10. Duration of sleep of a preschooler is _____.
11. Use of sharp or pointed object should be avoided to clean our _____.
12. _____ wastes can degrade easily in nature.
13. The science and practice of maintaining good health is called _____.
14. Duration of sleep of a child is _____.
15. "Swachh Bharat Abhiyan" was officially launched on _____ at _____.
16. Duration of sleep of a teenager is _____.
17. Mosquitos breed in stagnant _____.
18. Taking care of and maintaining health of one's own body is called _____.
19. Duration of sleep of an adult is _____.
20. _____ wastes do not degrade in the nature.

- 1) 14-18hrs
- 2) Green coloured
- 3) sleep
- 4) 13-16 hrs
- 5) Systematic, regular
- 6) Blue Coloured
- 7) 12-14 hrs
- 8) Breathing
- 9) Sugar
- 10) 11-13 hrs
- 11) Ear
- 12) Biodegradable
- 13) Hygiene
- 14) 10-11 hrs
- 15) 2nd October 2014, Rajghat, New Delhi
- 16) 9-10 hrs
- 17) Water
- 18) Personal Hygiene.
- 19) 7-9 hrs
- 20) Nondegradable