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India's Number 1 Education App

BIOLOGY

NCERT - NCERT BIOLOGY(ENGLISH)

WHY DO WE FALL ILL

Exercise

1. State any two conditions essential for good health

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2. State any two conditions essential for being free of disease.

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3. Are the answers to the above questions necessarily the same or different? Why?

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4. List any three reasons why you would think that you are sick and ought to see a doctor. If only one of these symptoms were present, would you still go to the doctor? Why or why not?

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5. In which of the following case do you think the long-term effects on your health are likely to be most unpleasant ?

* If you get jaundice,
* If you get lice,
* If you get acne.

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6. Why are we normally advised to take bland and nourishing food when we are sick?

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7. What are the different means by which infectious diseases are spread?

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8. What precautions can you take in your school to reduce the incidence of infectious diseases?

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9. What is immunisation?

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10. What are the immunisation programmes available at the nearest health centre in your locality? Which of these diseases are the major health problems in your area?

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11. 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 illnesses.

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12. 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.

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13. 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.

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

(a) that the baby is sick?

(b) what is the sickness?

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15. 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?

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16. 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?

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