



BIOLOGY

BOOKS - PRADEEP BIOLOGY (HINGLISH)

HEALTH AND DISEASES

Ncert Questions

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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Ncert Exercises

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 illnesses.



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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.



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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.



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4. 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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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?



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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?



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Multiple Choice Questions

1. Which one of the following is not a viral disease?

A. Dengue

B. AIDS

C. Typhoid

D. Influenza

Answer: C



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2. Which one of the following is not a bacterial disease?

A. Cholera

B. Tuberculosis

C. Anthrax

D. Influenza

Answer: D



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3. Which one of the following disease is not transmitted by mosquito?

A. Brain fever

B. Malaria

C. Typhoid

D. Dengue

Answer: C



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4. Which one of the following disease is not caused by bacteria?

A. Typhoid

B. Anthrax

C. Tuberculosis

D. Malaria

Answer: D



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5. Which one of the following disease is caused by protozoans?

A. Malaria

B. Influenza

C. AIDS

D. Cholera

Answer: A



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6. Which of the following has long term effect on the health of an individual?

A. Common cold

B. Chicken pox

C. Chewing tobacco

D. Stress

Answer: C



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7. Which of the following can make you ill if you come in contact with an infected person?

A. High blood pressure

B. Genetic abnormalities

C. Sneezing

D. Blood cancer

Answer: C



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8. AIDS cannot be transmitted by

A. sexual contact

B. hugs

C. breast feeding

D. blood transfusion

Answer: B



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9. Making anti-viral drugs is more difficult than making anti-bacterial medicines because

A. viruses make use of host machinery

B. viruses are on the border line of living
and non- living

C. viruses have very few biochemical mechanisms of their own

D. viruses have a protein coat

Answer: C



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10. Which one of the following causes kala-azar?

A. Ascaris

B. Trypanosoma

C. Leishmania

D. Bacteria

Answer: C



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11. If you live in a overcrowded and poorly ventilated house, it is possible that you may suffer from which of the following disease.

A. Cancer

B. AIDS

C. Air borne diseases

D. Cholera

Answer: C



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12. Which disease is not transmitted by mosquitoes?

A. Dengue

B. Malaria

C. Brain fever or encephalitis

D. Pneumonia

Answer: D



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13. Which one of the following is not important for individual health?

A. Living in clean space

B. Good economic condition

C. Social equality and harmony

D. Living in a large and well furnished
house

Answer: D



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14. Choose the wrong statement

A. High blood pressure is caused by excessive weight and lack of exercise

B. Cancers can be caused by genetic abnormalities

C. Peptic ulcers are caused by eating acidic food

D. Acne is not caused by staphylococci

Answer: C



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15. We should not allow mosquitoes to breed in our surroundings because they

- A. multiply very fast and cause pollution
- B. are vectors for many diseases
- C. bite and cause skin diseases
- D. are not important insects

Answer: B



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16. You are aware of Polio Eradication Programme in your city. Children are vaccinated because

A. vaccination kills the polio causing micro-organisms

B. prevents the entry of polio causing organism

C. it creates immunity in the body

D. all the above

Answer: C



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17. Viruses, which cause hepatitis, are transmitted through

A. air

B. water

C. food

D. personal contact

Answer: B



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18. Vectors can be defined as

A. animals carry the infecting agents from sick person to another healthy person

B. microorganisms which cause many diseases

C. infected person

D. diseased plants

Answer: A



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Short Answer Questions

1. Give two examples for each of the following :
(a) Acute diseases: (b) Chronic diseases, (c)
Infectious diseases, (d) Non -infectious
diseases.



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2. Name two diseases caused by protozoans.

What are their causal organisms?



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3. Which bacterium causes peptic ulcers? Who

discovered the pathogen for the first time?



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4. What is an antibiotic? Give two examples.



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5. Fill in the blanks:

(a) Pneumonia is an example of.....disease.

(b) Many skin diseases are caused by.....

(c) Antibiotics commonly block biochemical pathways important for the growth of.....

(d) Living organisms carrying the infectiing agents from one person to another are called.....



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6. Name the target organs of the following diseases:

(a) Hepatitis targets.....

(b) Fit or unconsciousness targets.....

(c) Pneumonia targets.....

(d) Fungal diseases targets.....



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7. Who discovered 'vaccine' for the first time?

Name two diseases which can be prevented by using vaccines.



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8. Fill in the blanks,

a) Disease continues for many days and causes..... on body.

b) Disease continue for a few days and causes no longer term effect on body.

c) Is defined as physical, mental and socila well-being and comfort.

d) Common cold is..... disease.

e) Many skin disease ae caused by.....



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9. Classify the following diseases as infectious or non-infectious.

a) AIDS , b) Tuberculosis, c) Cholera, d) High blood pressure, e) Heart diseases, f) Pneumonia, g) Cancer.



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10. Name any two groups of microorganisms from which antibiotics could be extracted.



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11. Name any three disease transmitted through vectors.



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Long Answer Questions

1. Explain giving reasons

a) Balanced diet is necessary for maintaining healthy body.

b) Health of an organism depends upon the surrounding environmental conditions.

c) Our surrounding area should be free of stagnant water.

d) Social harmony and good economic conditions are necessary for good health.



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2. What is disease? How many types of diseases have you studied? Give examples.



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3. What do you mean by disease symptoms?
Explain giving two examples?



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4. Why is immune system essential for our health?



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5. Why do some children fall ill more frequently than others living in the same locality?



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6. Given any four factors necessary for a healthy person.



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7. Why is AIDS considered to be a "Syndrome" and not a disease?



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Very Short Answer Questions

1. Expand the term AIDS.



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2. Name any one disease that spreads through sexual contact.



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3. Name one chronic disease associated with respiratory system.





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4. Define health.



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5. Name the type of diseases that occur since birth.



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6. Name the disease that occurs due to deficiency of vitamin C.



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7. Name the bacterium that causes peptic ulcers



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8. Idea of vaccination was first given by whom ?



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9. Knowledge of which disease helped Dr. Edward Jenner to develop idea of vaccination to prevent small pox?



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10. Name the deficiency disease caused due to deficiency of

(i) Vitamin A (ii) Vitamin B_1 (iii) Vitamin K



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11. Name the disease that occurs due to imbalance of insulin hormone ?



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12. Give two examples of bacterial diseases.



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13. Name the disease in which

(a) Patient fears from water,

(b) Yellowing of skin takes place.



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14. When was the Pulse Polio Immunisation Programme launched in India ?



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15. Name the disease in which paralysis of legs occurs in some cases.



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16. Name the causal organism and vector of malaria respectively.



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17. Give one examples of protozoan diseases.



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18. Name the toxin released by bacterium which causes tuberculosis.



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19. Name two domestic animals which transmit rabies to human beings.



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20. Antimalarial drug quinine has been extracted from which part of Cinchona plant.



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21. Name any one larvivorous fish which is a natural predator of mosquito larvae.



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22. is a vector of a viral disease called dengue.



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23. T.B. is a common abbreviation used for which disease ?



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24. Name any one causative organism of diarrhoeal diseases.



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25. What is the mode of transmission of diarrhoeal diseases ?



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26. Jaundice occurs due to which of the following diseases :

(a) Hepatitis (b) Tuberculosis (c) Rabies.



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27. Name any two general ways of prevention of infectious diseases.



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28. Name the most common insect that carries causative organisms of cholera, typhoid, dysentery and tuberculosis.



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29. What are contagious diseases ? Give one example.



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30. What are pathogens ? Give examples.



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31. What do you mean by congenital diseases?

Give one example.



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32. Name any two diseases that occur in children due to deficiency of protein and calories.



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33. Name the scientist who first discovered penicillin antibiotic. Can you name any other known antibiotic ?





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34. What is meant by 'symptoms' of a disease?

What do they indicate?



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35. What do the physicians do on the basis of symptoms ?



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36. What are first-level causes of the disease ?



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37. Why is it possible to effectively immunise the patient against rabies even after rabies infection ?



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38. Give atleast two examples of acute diseases in human being.



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39. What do you mean by congenital diseases?

Give one example.



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40. What is the term used for causative agents

of infections diseases ?



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41. Name atleast two diseases caused by viruses.



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42. What type of infectious agents cause elephantiasis disease in humans ?



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43. Name the bacterium that causes peptic ulcers



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44. What do you mean by acute diseases ?



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45. Name the disease that occurs due to deficiency of vitamin B_1 .



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46. What is the cause of Grave's disease (exophthalmic goitre) ?



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47. Name the insect vector who transmits dengue in human beings.



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48. Who first conceived the idea of vaccination ?



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49. Name the scientist who first discovered antibiotics.



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50. Which vaccine is commonly given to children to induce immunity in them against tuberculosis ?



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51. Expand the term AIDS.



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52. What is the alternative name of rabies disease.



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53. Expand the terms ORS and BCG.



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54. Female Anopheles mosquito feeds on human blood. What is the food of male

Anopheles mosquito.



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B Short Answer Questions

1. Name any two acute diseases.



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2. Name any two chronic diseases.



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3. State any two conditions essential for good health



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4. Write names of any two insect vectors.



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5. Following are the names of few vectors.

Name the diseases whose causative agents these vectors spread:

(a) Sandfly (b) Rat flea (c) Housefly (d) Culex mosquito.



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6. Name any two ways through which infectious diseases spread?



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7. Mention two diseases that spread through sexual contact.



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8. Name two diseases that spread through water.



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9. What kind of effects chronic diseases have on our health ?



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10. Name two common vaccines given to children below 5 year of age.



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11. Write down the modes of transmission of tuberculosis.



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12. Name two modes of transmission of AIDS.



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13. After eating food, number of people complained of nausea, vomiting, abdominal

pain and loose stools with blood and mucus.

Name the disease they are suffering from ?

Also, name the causative organism.



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14. Name the plant and its part which is used to extract important antimalarial drug. Name the drug also.



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15. Name two symptoms of tuberculosis of lungs.



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16. Give any two ways by which diarrhoea can be controlled.



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17. Give alternative name of rabies disease.
Name one animal which spreads rabies through its bite.



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18. Name the viral disease which is about to be completely eradicated from the world. What are its preventive measures?



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19. Name any two viral diseases which commonly occur in infants/children.



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20. Name any two diseases which occur due to mosquito bites.



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21. Pectic ulcers cause acidity-related pain and bleeding in the stomach and duodenum of affected persons. What is the cause of this disease ? Who gave this finding ?



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22. What is vaccination ? Who gave this idea ?



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23. Give two general ways of prevention of infectious diseases.



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24. Give differences between symptoms and signs of disease(s).



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25. Give major differences between infectious and non-infectious diseases.



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26. Name the infectious agent that causes tuberculosis in man. Which organ is commonly affected during tuberculosis ?



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27. Name the causative organism of typhoid disease. Name the common vector which spreads the pathogens of typhoid from the faeces to the food and water.



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28. What is the constituent of isabgol ?
Isabgol is advised with curd to the patient to provide relief against which disease ?



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29. Name atleast one wild animal who is carrier of rabies virus. Why is rabies also termed hydrophobia?



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30. What is jaundice ? How does it occur ?



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31. Which antibiotic was first discovered by Alexander Flemming ? Give name of one more antibiotic recently being used.



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32. Name the vector which transmits (a) Malaria (b) Filariasis.



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33. Name one infectious disease each which spreads through (a) air (b) sexual contact.



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34. Name at least one congenital disease which occurs (a) due to gene or chromosomal mutation (b) due to the effect of environmental factors.



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35. Name two deficiency diseases that occur in children due to deficiency of either proteins or both protein and total food calories.



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36. What are the conditions essential for good health ?



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37. Name any two general ways of prevention of infectious diseases.



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38. What is pulse-polio immunization programme ? Explain briefly.



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C Short Answer Questions

1. Differentiate between

(i) Acute and chronic diseases (ii) Congenital and acquired diseases (iii) Infectious and non-infectious diseases.



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2. Write notes on :

(a) Vaccination (b) Causes of diseases

(c) Signs and symptoms of diseases (d) Means of spread of infectious diseases.



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3. Name the vectors of following diseases :

- (i) Kala azar (ii) Sleeping sickness (iii) Typhus
(iv) Bubonic plague (v) Malaria (vi) Dengue.



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4. Name the deficiency diseases caused due to
deficiency of

- (i) Iodine (ii) Vitamin B_2 (iii) Vitamin D (iv)
Fluorine

(v) Vitamin C (vi) Vitamin A (vii) Vitamin B_{12}
(viii) Iron.



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5. List various external (extrinsic) factors responsible for causing diseases.



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6. List various ways through which AIDS spreads ?



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7. Briefly write about peptic ulcers.



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8. What is pulse-polio immunization programme ? Explain briefly.



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9. Explain symptoms of

(i) Tuberculosis of lungs (ii) Malaria.



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10. Explain mode of transmission of

(i) Diarrhoea (ii) Hepatitis.



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11. Write notes on : (i) Modes of transmission of AIDS (ii) Polio.



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12. Explain methods of prevention of Malaria.



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13. Name any three causative organisms which cause diarrhoea.



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14. List any three preventive measures of AIDS disease.



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15. Name any three viral diseases prevalent in your area.



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16. Name any three protozoan diseases.



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17. Give three important differences between acute and chronic diseases.



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18. What conditions are essential for good health?





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19. Describe the three level causes of diseases.



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20. In a slum area, many people are reported to be suffering from malaria. Mention the unhygienic conditions that must be prevailing there. How does a doctor confirm malaria ? List various preventing measures of malaria.



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21. Why a person suffering from AIDS becomes sick frequently ?



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22. (a) Name one disease caused by Anopheles, Culex and Aedes spp. of mosquitoes. (b) Name the organism that transmits the following diseases :

(i) Diarrhoea (ii) Bubonic plague



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23. (i) AIDS is a viral disease that spreads by sexual contact. Is there any other way in which this disease can spread?

(ii) Can you name two diseases which spread by sexual contact but are caused by bacteria instead of virus?

(iii) Do microorganisms, responsible for causing these diseases, spread by physical contact such as hug or handshake ?



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24. (a) Name group of diseases that last only for short period of time.

(b) Name any one anatomical or physiological abnormality present in human beings since birth due to :

(i) gene or chromosomal mutations

(ii) environmental factors.



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25. (a) What are antibiotics ? Name the scientist who first discovered antibiotics. Also give name of this antibiotics.

(b) What do you mean by vaccination ? Who first conceived the idea of vaccination ?



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26. How does social environment influence our individual health ?



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27. List any three ways of transmission of AIDS to a healthy person.



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28. Give symptoms and control of diarrhoea infection.



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29. List three similarities and three dissimilarities between AIDS and Influenza.



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30. Identify the following figure A, B and C :



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D Long Answer Questions

1. Write about various preventing measures to curb infectious diseases.



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2. List various causes and signs and symptoms of diseases.



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3. Highlight the ways through which infectious diseases generally spread in human communities ?



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4. Write an account about acute and chronic diseases.



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5. Briefly explain modes of transmission, symptoms and preventive measures of following diseases : (i) Hepatitis (ii) Polio (iii) Rabies



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6. Write short note on bacterial diseases.



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7. Give symptoms, modes of transmission and control/preventive measures of one of the following diseases :

(i) Diarrhoea (ii) Hepatitis (iii) Malaria.



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8. Explain in detail general ways of prevention of infectious diseases.



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9. Briefly explain various causes of the diseases.



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10. Write specific ways of prevention of infectious diseases.



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Higher Order Thinking Skills

1. Study the given chart carefully and fill in the blanks a, b, c and d.



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2. (a) Name the disease that causes acidity-related pain and bleeding in the stomach and duodenum of affected humans.

(b) Who recently proved that this disease does not occur because of lifestyle reasons but is caused by a bacterium.

(c) Name the causative bacterium of this disease.



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3. (a) Diarrhoea is a common bacterial disease in children. Name any two causative agents of this disease.

(b) ORS stands for what?

(c) Name the part and the plant from which Isabgol is obtained.



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4. Read carefully the following statements and answer the blanks 1 to 5 :

(i) Yellowness of white parts of eyes and skin during Hepatitis is termed (1)It occurs due to release of (2) pigments from damaged liver cells which get excessively deposited in sclera (white parts of eyes) and skin.

(ii) Tuberculosis, commonly called T.B., is caused by a bacterium....(3)... This bacterium commonly affects the(4).... where small

tubercles are formed. The bacteria damages tissues and releases a toxin called...(5)... which produces the disease.



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5. Why is AIDS considered to be a "Syndrome" and not a disease?



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6. Why is female anopheles mosquito vector of malaria and not male Anopheles mosquito ?



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7. Why is it possible to immunise the person against rabies after the animal bite ?



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Analytical

1. Government has recently taken series of steps to minimise cigarette smoking and tobacco chewing by people these are injurious to health.

(i) List at least three steps taken by government to aware people about harmful effects of cigarette smoking and tobacco chewing.

(ii) What is passive smoking?

(iii) List at least one chronic disease that occurs due to continuous use of tobacco.



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2. (i) Expand the abbreviation AIDS. Name its causative organism.

(ii) Why AIDS is considered a syndrome and not merely a disease ? Comment.

(iii) List atleast three ways in which AIDS can be transmitted from an infected person to another.



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3. (i) List atleast three conditions essential for good health.

(ii) How can we keep our surroundings clean ?

Mention atleast two ways.

(iii) How would you define a 'disease' ?



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4. (i) Name causative agent of malaria. Which insect vector spreads it? (ii) Which step the biologists immediately took to check the

disease ? (iii) Name the most common antimalarial drug being used. From where is it extracted?



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5. (i) A viral disease which generally affects children and causes paralysis of limbs. It is about to be eradicated from the world. Name this disease.

(ii) Name the programme which was launched globally in 1995-1996 with an aim to eradicate a

viral disease from the world.

(iii) What is the target age group of patients at present in this programme ?



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6. Acute diseases are severe but are less harmful than chronic diseases. Why ?



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7. Which animal generally transmits rabies to humans? What is mode of transmission of this disease?



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8. DTP-Hib vaccine is given to check which disease (s) ? At which age, this vaccine is given?



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9. What precautions will you take to justify 'prevention is better than cure'?



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10. Why are antibiotics not effective for viral disease?



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11. Becoming exposed to or infected with an infectious microbe does not necessarily mean developing noticeable disease. Explain.



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12. (a) Which microorganism has been found to cause peptic ulcers in humans ?

(b) What are the symptoma of this disease ? Is it curable ?



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