



# BIOLOGY

## BOOKS - ICSE

### HEALTH AND HYGIENE

**Test Yourself**

1. Which of the following is a non-communicable disease?

A. Cholera

B. Typhoid

C. Diabetes

D. Plague

**Answer:**



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2. AIDS is a \_\_\_\_\_ disease.

A. allergic

B. communicable

C. non-communicable

D. deficiency

**Answer:**



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**3.** Define the term 'health'. Mention any two ways of maintaining it.



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4. Define the following :

Disease



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5. Define the following :

Pathogen



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6. A child having rickets.



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7. A person suffering from scurvy.



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8. A person suffering from beri-beri.



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9. Kwashiorkor is caused by



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**10.** A person suffering from poor eyesight.



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**11.** The main cause of anaemia is



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**12.** List the causes of diseases.



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**13.** What are deficiency diseases?



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**14.** List the preventive measures against diseases caused by viruses.



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**15.** Symptoms of kwashiorkor and symptoms of marasmus.



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**16.** Why should we not eat polished rice?



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**17.** What would you do to lead a healthy life?



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**18.** What steps would you take to prevent and control diseases?



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**19.** Name three commonly used vaccines.



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20. List the methods to improve community hygiene.



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## Test Yourself Multiple Choice Questions

1. Which of the following diseases is spread through coughing and sneezing?

A. Diphtheria

B. Hepatitis

C. Tetanus

D. Polio

**Answer:**



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2. Which of the following diseases is transmitted by a carrier?

A. Dengue

B. Tetanus

C. Hapatitis

D. Common cold

**Answer:**



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**3.** Which of the following diseases is spread through infected rat?

A. Hepatitis

B. Dengue

C. Plague

D. Common cold

**Answer:**



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**4.** A disease spread by the bite of a mad dog is

A. Rabies

B. Plague

C. Polio

D. Measles

**Answer:**



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5. Which of the following sets of diseases is caused by bacteria?

A. cholera

B. AIDS

C. malaria

D. rabies

**Answer:**



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**6. Which of the following is not a viral disease?**

A. pneumonia

B. measles

C. polio

D. rabies

**Answer:**



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7. Kwashiorkor is caused by

A. smoking

B. worms

C. virus

D. imbalance in diet



**Answer:**



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**8. Deficiency of vitamin C causes**

A. scurvy

B. beri-beri

C. rickets

D. skin diseases

**Answer:**



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9. Deficiency of vitamin K can cause

A. haermorrhage

B. bleeding gums

C. rickets

D. skin diseases

**Answer:**



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## Test Yourself Fill In The Blanks

1. Over-eating causes a disease called \_\_\_\_\_



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2. Food poisoning is caused by - \_\_\_\_\_



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3. Which of the following diseases is caused by a protozoan



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4. Protruding belly is a symptom noticed in\_\_\_\_\_



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5. The disease kwashiorkor results from the deficiency of \_\_\_\_\_



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6. The deficiency of mineral \_\_\_\_\_ is responsible for tooth decay.



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7. A method to protect the body against diseases is called \_\_\_\_\_



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8. OPV is a method to protect children against \_\_\_\_\_



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9. Drinking water can be made safe by \_\_\_\_\_



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10. Conjunctivitis is a disease of \_\_\_\_\_



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**Test Yourself Give Reason**

1. Pneumonia, cholera, leprosy, measles



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2. Find the odd one out:

Kwashiorkor, scurvy, beri-beri, night blindness.



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3. Find the odd one out:

Goitre, tooth decay, anaemia, rickets.



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[Test Yourself Define](#)



## 1. Define the Vector



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## 2. Define the Droplet infection



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## 3. Define malnutrition.



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#### 4. What is PEM?



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### Test Yourself Name The Following

1. Name two diseases each caused by bacteria, protozoa and virus.



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2. Organism which causes malaria.



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3. Cause of obesity



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4. Three vitamin-deficiency diseases.



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5. Name three mineral-deficiency diseases.



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## Test Yourself Match The Column

1. Match the following columns

### Column A

1. Beri-beri
2. Anaemia
3. Scurvy
4. Rickets
5. Goitre
6. Night blindness

### Column B

- (a) Vitamin C
- (b) Vitamin D
- (c) Vitamin A
- (d) Vitamin B<sub>1</sub>
- (e) Iron
- (f) Iodine



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## Theme Assignment True And False

1. AIDS is caused by a bacterium. State true or false.



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2. State true or false. Sneezing is an example of droplet infection.





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3. State true or false. Malaria is a vector-borne disease.



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4. Atherosclerosis is a disease of the liver.



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5. Filariasis is caused by



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## Theme Assignment Give Difference

1. Differentiate between Undernutrition and Malnutrition.



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## Theme Assignment Questions

1. Why should you not allow water to stagnate near your house?



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2. Give a short note on any one diseases which caused due to malfunctioning of body organs.



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# Theme Assignment Crossword Puzzle Down

## 1. DOWN

1. A disease caused due to the bite of a mad dog. (6)

(2) Kwashiorkor and marasmus are caused due to the deficiency of this food component.

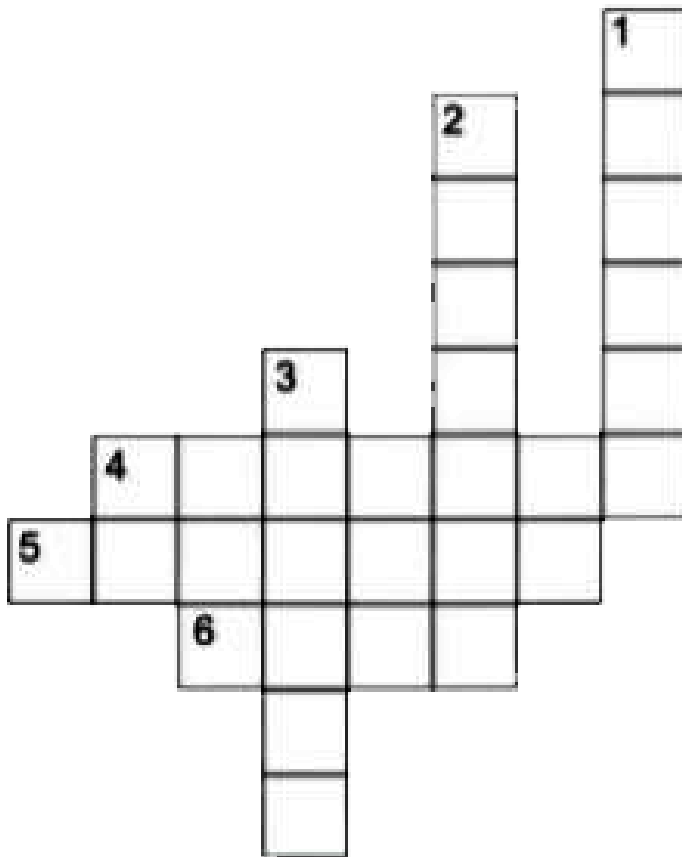
3. A disease causing bleeding gums

## ACROSS

4. A disease due to deficiency of vitamin D

5. Diabetes is caused due to deficiency of the hormone.

6.The deficiency of this mineral causes anaemia.



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