



BIOLOGY

BOOKS - ICSE

HEALTH AND HYGIENE

Check Your Progress Match The Columns

1. Match the following:

- | | |
|--------------------|----------------------------|
| 1. anaemia | a. deficiency of vitamin A |
| 2. night blindness | b. deficiency of vitamin B |
| 3. rickets | c. deficiency of iodine |
| 4. beriberi | d. deficiency of vitamin C |
| 5. scurvy | e. deficiency of iron |
| 6. goitre | f. deficiency of vitamin D |



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Exercises Tick The Most Appropriate Answer

1. Which of the following is a congenital disease?

A. cholera

B. asthma

C. beriberi

D. haemophilia

Answer:



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2. Which of the following is a communicable disease?

A. typhoid

B. cancer

C. allergy

D. diabetes

Answer:



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3. Which of following is a disease caused by virus?

A. conjunctivitis

B. measles

C. tuberculosis

D. polio

Answer:



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4. Which of following is a disease caused by fungi?

A. ringworm

B. mumps

C. hepatitis

D. rabies

Answer:



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5. Cholera is caused by a

A. fungus.

B. virus.

C. bacterium.

D. protozoan.

Answer:



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6. Typhoid spreads through

A. air.

B. insect bite.

C. contaminated food.

D. polluted water.

Answer:



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7. Lack of insulin leads to

A. atherosclerosis.

B. diabetes.

C. arthritis.

D. goitre.

Answer:



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8. This is an unusual hypersensitivity of the body tissues to certain substances.

A. allergy

B. diabetes

C. fever

D. arthritis

Answer:



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Exercises Fill In The Blanks

1. Diseases that spread through air are called _____ infections or air-borne diseases.



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2. Diseases that develop after birth are called _____ diseases.



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3. The insects and animals that carry disease-causing germs are called _____



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4. A diet poor in protein during infancy and childhood results in a condition called_____



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5. _____ hygiene is the practice of keeping yourself clean.



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Exercises Complete The Analogous Pairs

1. Complete the analogous pairs

Hair : _____ :: Teeth : brush



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2. Complete the analogous pairs

Malaria : Anopheles :: Dengue : _____



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Exercises Match The Columns

1. Match the diseases with their causative agent:

1. ringworm
2. malaria
3. cholera
4. dengue
5. obesity

- a. bacteria
- b. excess of food
- c. virus
- d. protozoa
- e. fungus



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**Exercises Tick The Correctly Matched Pairs
Rewrite The Incorrectly Matched Pairs**

1. Cholera is caused by a



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2. Conjunctivitis - Droplet infection



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3. Common cold, the most contagious disease is due to



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4. Dysentery - Air-borne infection



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5. Dengue is caused by a



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6. Tuberculosis - Disease spread by direct contact



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Exercises Circle The Odd One Give Reasons For Your Choice

1. Find the odd one out:

night blindness, scurvy, beriberi, typhoid



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2. typhoid, chickenpox, polio, measles



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3. cholera, botulism, chicken pox, typhoid



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4. Find the odd one out:

diabetes, goitre, arthritis, heart attack, cancer



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5. Find the odd one out:

malaria, plague, dengue, yellow fever



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Exercises Answer The Following In Short

1. Give two examples of congenital diseases.



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2. What are acquired diseases?



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3. What are pathogens?



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4. Name any five diseases caused by viruses.



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5. What is community hygiene?



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6. What is composting?



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Exercises Answer The Following In Detail

1. Write about different types of diseases.



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2. What are the symptoms of rheumatoid arthritis?



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3. What is cancer? Name the factors that can lead to cancer.



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4. What is an allergy? Name the types of allergens.



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5. What are the different ways by which communicable diseases spread?



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6. List five personal habits which can prevent the spread of communicable diseases.



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Exercises

1. Given below is the name of diseases. Classify it according to the pathogens (microorganisms) that cause it.

Rabies



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Think And Answer

1. Why are deficiency diseases called non-communicable diseases?



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2. Why does a child who was suffering from conjunctivitis was sent home by her teacher?



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3. A child bitten by a dog was immediately taken to a doctor. Why?



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