



# BIOLOGY

## NCERT - NCERT Biology(TAMIL)

### HEALTH AND HYGIENE

**Evaluation Choose The Appropriate Answer**

1. Ravi has sound mind and physically fit body.

It refers to

A. Hygiene

B. Health

C. Cleanliness

D. wealth

**Answer:**



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2. Sleep is not only good for body, but it is also good for

A. Enjoyment

B. Relaxation

C. Mind

D. Environment

**Answer:**



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**3. Our living place should be**

A. Open

B. Closed

C. Clean

D. Unclean / Untidy

**Answer:**



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**4. Tobacco chewing causes**

A. Anamia

B. Periodontitis

C. Tuberculosis

D. Pneumonia

**Answer:**



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**5. The first aid is to**

A. To save money

B. To prevent scars

C. To prevent the medical care

D. To relieve the pain

**Answer:**



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## Evaluation Fill In The Blanks

1. A group of people living together in a particular area is called \_\_\_\_\_.



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2. I am green colour box with garbage. Who am I? \_\_\_\_\_.



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3. Eyes are considered as \_\_\_\_\_ to the world.



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4. The hair follicles produce \_\_\_\_\_ which keeps the hair smooth.



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5. Tuberculosis is caused by



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**Evaluation True Or False If False Give The Correct Statement**



1. State true or false. If false, correct the statement. All food should be covered.



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2. State true or false. If false, correct the statement Chicken pox also known as leucoderma.



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3. State true or false. If false, correct the statement Stomach ulcer is a non-communicable disease.



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4. State true or false. If false, correct the statement. Rabies is a fatal disease.



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5. State true or false. If false, correct the statement. First-degree burns damage the whole skin.



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## Evaluation Analogy

1. First degree burn : epidermis : : second degree burn : \_\_\_\_\_



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2. Typhoid : Bacteria :: Hepatitis : \_\_\_\_\_



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3. Tuberculosis : air :: Cholera : \_\_\_\_\_



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**Evaluation Choose The Correct Alternative From  
The Following**

1. Assertion : Oral hygiene is good. Reason :  
Sound teeth and healthy gums with healthy  
surrounding tissues.

- A. Both A and R are true
- B. Both A and R are false
- C. A is true but R is false.
- D. A is false but R is true.

**Answer:**



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2. Assertion : Chicken pox is a viral communicable disease. Reason : It is characterized by rashes on the whole body, fever, headache and tiredness.

- A. Both A and R are true
- B. Both A and R are false
- C. A is true but R is false.
- D. A is false but R is true

**Answer:**



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## Evaluation Very Short Answer

1. What is hygiene?



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2. Write about the right way of protecting the eyes?



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3. How to keep your hair clean and healthy?



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4. Sobi frequently plays with her mobile. Suggest your ideas to protect her eye from irritation?



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5. Give any two communicable disease, which spreads in your locality during monsoon?



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6. What first aid will you provide in the case of bruises?



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7. Ravi said “Ganga had minor burn, so I washed with water” Do you agree with his statement or not? Explain Why?



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## Evaluation Short Answer

1. Why the first aid is essential?



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2. What this picture Explains?



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3. Distinguish, Communicable diseases and Non communicable diseases.



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4. What steps you will follow to keep the teeth healthy?



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5. Name the mode of transmission of communicable disease.



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6. Your friend says that her hair is thin, sparse and lost very often. Suggest your ideas to reduce this problem.



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## Evaluation Answer In Detail

1. Write about any three communicable diseases in detail.



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**2.** List the situations in which first aid is given.

What would you do if a person suffers from skin burns?



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**3.** How the disease are transmited from one person to the other person?



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## Evaluation Higher Order Thinking Question

1. A person is sleeping during day time. Why does this happen with some people that they feel sleepy during day time in office or in the classroom. Have you ever come across such situation? Explain.



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