



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:

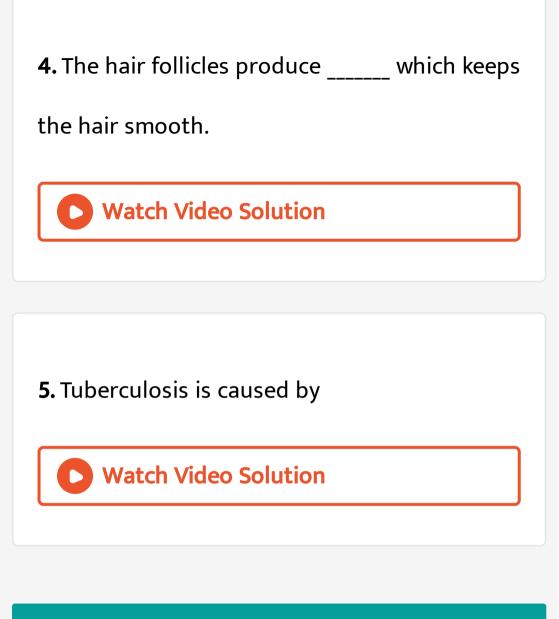
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Evaluation Fill In The Blanks

1. A group of people living together in a

particular area is called _____.

2. I am green colour box with garbage. Who am I ? _____. Watch Video Solution **3.** Eyes are considered as to the world. Watch Video Solution



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.



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

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



4. State true or false. If false, correct the

statement. Rabies is a fatal disease.

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

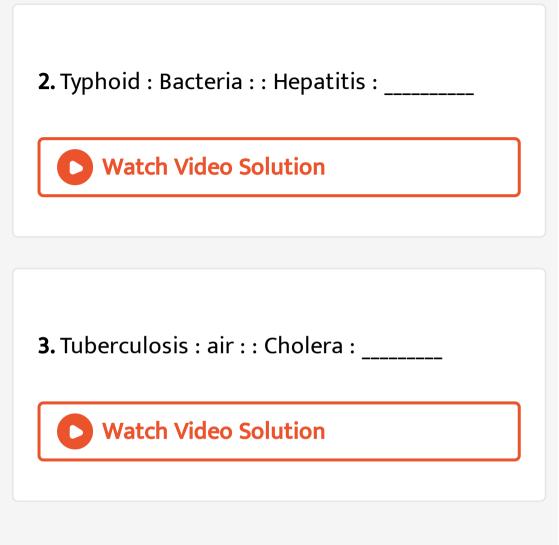


Evaluation Analogy

1. First degree burn : epidermis : : second

degree burn : _____





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:

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:

Evaluation Very Short Answer

1. What is hygiene?

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2. Write about the right way of protecting the

eyes?

3. How to keep your hair clean and healthy?



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



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?



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



Evaluation Short Answer

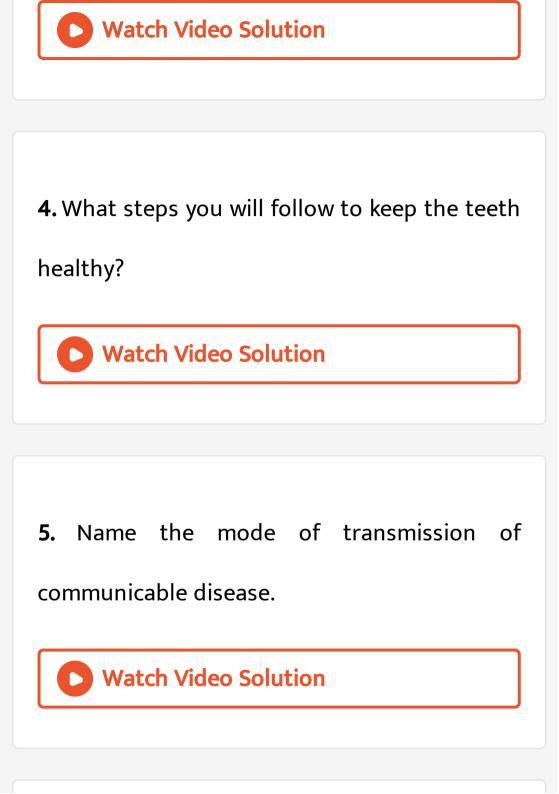
1. Why the first aid is essential?

2. What this picture Explains?



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3. Distinguish, Communicable diseases and Non communicable diseases.



6. Your friend says that her hair is thin, spares ad lost very often. Suggested your ideas to reduce this problem.



Evaluation Answer In Detail

1. Write about any three communicable

diseases in detail.

2. List the situations in which first aid is given.
What would you do if a person suffers from skin burns?



3. How the disease are transmited from one

person to the other person?

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.

