

Class – VIII

Sub. – Biology

Ch. – 8

Health and Hygiene, First Aid

Objective type questions.

A. Choose the correct option.

1. Diabetes, comes under which of the following disorders?
Answer. B. Metabolic
2. Which of the following bacteria is responsible for the cause of tuberculosis?
Answer. A. Mycobacterium tuberculosis
3. Which of the following is an example of genetic disorder?
Answer. B. Haemophilia
4. Which of the following diseases is caused by bacteria?
Answer. B. Tuberculosis
5. Which of the following diseases is caused by a virus?
Answer. D. All of these.
6. Which of the following is not a viral disease?
Answer. B. Cholera
7. Which of the following disease is not spread by any sort of animal?
Answer. D. Diabetes.
8. Feature disease is caused by vibrio cholerae ?
Answer. C. Cholera

B. Fill in the blanks.

1. Cleaning of floor and walls of the room with **disinfectant**.
2. **Asthama** is an allergic reaction to dust.
3. Diseases can be **communicable** or **noncommunicable**.
4. How do I is caused due to dysfunction of **thyroid gland**.
5. Deficiency diseases **spread** through direct contact.
6. Color blindness is a **genetic** disorder.
7. Malaria is caused by biting of **mosquito**.
8. **Skin** is the first line of defense against germs.
9. Diseases like Common vold, Chickenpox, measles, etc are caused by **virus**.
10. It is recommended to brush your teeth **twice** a day.
11. The causative agent of chikunguniya is **virus**.
12. Aids is caused by retrovirus, which is known as **HIV**.

C. Write T for true and F for false statements.

1. Always wrap a bandage or cloth 2- 4 inches about the area which has been bitten. **T**
2. The vector for dengue is aedes mosquito. **T**
3. Stings can cause allergy.
4. Cover the burned part of the body with clothes or jewellery. **F**
5. Elevate the injured area to reduce the blood flow to the cut. **T**
6. Any snake bite can kill a person. **F**
7. No medical help is needed. Only aspirin should be given to a person who is seemed to have heart attack. **F**
8. If a person has inhaled poisonous gas, immediately take him in fresh air. **T**

Subjective type questions.

D. Answer the following questions in short.

1. Which diseases are caused by consumption of contaminated food and water?
Answer. Diseases like typhoid, diarrhoea etc are caused by consumption contaminated food and water.

2. What is the most effective method for the prevention of diseases?
Answer. To wash hand is the most effective method for the prevention of diseases.

3. What is the vector of malaria?
Answer. Anopheles mosquito is the vector of malaria.

4 List any 5 tips that one should follow to remain fit and healthy.

Answer. 1. Eat healthy food.
2. Do exercise daily.
3. Get enough sleep.
4. Regular physical check-ups.
5. Do not take stress.

5 Which diseases are caused by coming in direct contact with the infected person or it's used articles ?

Answer – Communicable diseases.

6. What is the mode of transmission and causative agents of typhoid?

Answer – Typhoid transmits by consumption of contaminated food and water. It's causative agent is salmonella typhi.

7. What do you understand by first aid?

Answer- The immediate help given to a victim of an accident, burn, bite, or cuts is called first aid.

E. Answer the following questions in detail.

1. What are the various ways through which germs spread from an infected person to a healthy person ?

Answer – Germs spread the disease from a infected person to a healthy person through different modes such as air, water, food and organisms known as vectors.

2. Make a table and relate the function of nutrient with the symptoms of disease on its deficiency.

Answer –

Nutrient	Function	Deficiency Diseases
Calcium	Constituent of bone, enamel	Rickets
Iodine	Component of thyroxin hormone secreted by thyroid gland	Goitre
Iron	Synthesis of haemoglobin	Anaemia
Vitamin A	Promotes growth	Night blindness
Vitamin C	Promotes functioning of capillary walls	Scurvy

3. Discuss the general methods of preventing diseases.

Answer – I. Articles of daily use should be cleaned daily.

II. Teeth should be brushed after every meal.

III. Drinking water should not be left uncovered.

IV. Keep your bathrooms, toilets clean and cover dustbins properly.

V. Spraying of disinfectant and insecticides should be done in house time to time.

4. How would you administer first aid to a person who has got burns ?

Answer – I. Do not try to run. Flames need oxygen to keep them burning.

II. Take off any clothes or jewellery around the burner area of the body, before it swells.

III. Use cold water for 20 minutes to cool the burn but do not use ice.

IV. Keep the person warm with extra clothes on the unhurt parts of the body.

V. See a doctor if the burn is severe.