

6 Biology

Chapter 7 health and hygiene

Choose the correct option

1. The disease caused by the deficiency of protein in the diet of children is called
c) kwashiorkor
2. One of the following is not a vitamin deficiency disease. This one is:
c) goitre
3. The deficiency of vitamin D in children causes the disease known as:
b) rickets
4. One of the following diseases is not caused by deficiency of minerals in the diet. This disease is.
c) scurvy
5. A child has bow legs (bent legs). He is suffering from the deficiency disease known as:
d) rickets
6. Which of the following is a hereditary disease?
a) sickle-cell anaemia
7. Which of the following is a non-communicable disease?
b) Malaria
8. Hepatitis affects which body organ?
b) liver

FILL IN THE BLANKS.

1. Any condition that interferes with the normal body functions due to some reason is called disease.

2. Diseases that do not spread from one person to another are called non communicable diseases.
3. The deficiency of protein as well as carbohydrate in the diet of very small children causes marasmus.
4. Scurvy causes general weakness, anaemia, gum diseases and skin haemorrhage.
5. The cells of pancreas secrete hormone called insulin.
6. Female Anopheles mosquito causes malaria.
7. Water should not be stored anywhere around the house as it can lead to breeding of mosquitoes.

Write true and false for the following statement.

1. Haemorrhage refers to the Rapid flow of blood from a ruptured blood vessel. True
2. Swine Flu is caused by Protozoa. False
3. Flies and Cockroach carry germs and contaminate the food and water. True
4. Leprosy is caused by bacteria .True
5. Measles is caused by rubeola virus. True

Name the following.

1. A disease caused by lack of vitamin B.
- beri-beri
2. A disease caused by Salmonella typhi.
- typhoid
3. Organ that is affected in conjunctivitis.
- Eyes
4. A pathogen that causes ringworm.

- fungi

5. Lack of this vitamin causes delayed clotting of blood.

- vitamin K

Answer the following questions in short.

1. Name any two non-communicable diseases and their causes.

Ans. Two non communicable diseases and their causes are as follow:

1. **Beri-beri** - It causes loss of muscle strength and muscle paralysis.

2. **Scurvy**- scurry causes general weakness anaemia come diseases and skin haemorrhage.

2. Name the nutrient /nutrients whose deficiency causes marasmus diseases in children.

Ans. Carbohydrate and protein.

3. Name the nutrient/ nutrients whose deficiency cause kwashiorkor disease in the children.

Ans. Protein.

4. What is the cause of the disease called scurvy?

Ans. Scurvy causes general weakness, anaemia coma gum disease and skin haemorrhage.

5. Name two diseases caused by the deficiency of iodine in the diet.

Ans. Goitre, hypothyroidism.

6. Name the vitamin whose deficiency causes rickets in children.

Ans. Vitamin D

7. What is the cause of goitre? Write the main symptoms of goitre.

Ans. The most **common cause of goiter** is a lack of iodine in the diet. A **goiter** is more often due to the over- or underproduction of thyroid hormones or to nodules in the gland itself.

8. Define communicable disease.

Ans. Diseases that spread from one person to another is known as communicable disease.

9. What is droplet infection ?

Ans . **Infection** transmitted by airborne **droplets** of saliva or sputum containing **infectious** organisms.

10. Mention any two healthy habits that we should adopt.

Ans .1. Doing at least 30 minutes of moderate exercise a day.

2. Eating a **healthy** diet .

Answer the following questions in detail.

1. Name the disease caused by the deficiency of protein in the diet of children. give the symptoms of

protein deficiency in children.

Ans .Kwashiorkor is the disease caused by the deficiency of protein in the diet of children.

symptoms of protein deficiency:

1.Skin, **hair** and **nail** problems.

2.**Loss of muscle mass.**

3.Increased risk of bone fracture.

4.Risk of infections.

5.May inhibit proper body growth in child.

2. Write a short note on diabetes a metabolic disease.

Ans . **Diabetes**, is a **metabolic disease** that causes high **blood sugar**. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With **diabetes**, your body either doesn't **make** enough insulin or can't effectively use the insulin it does **make**.

3. Describe different modes of transmission of communicable diseases.

Ans . A **communicable disease** is one that **isspread** from one person to **another**through a variety of ways that include: contact with blood and bodily fluids; breathing in an airborne virus; or by being bitten by an insect.

4.How do fungi,worm and mites spread diseases? Explain.

Ans . Communicable diseases are caused by disease causing germs called pathogens. We can also call

them infectious agents. This disease causing germs are viruses bacteria fungi Protozoa and worms these can only be seen through a microscope or so they are called micro organism and microbes.

5. Explain in detail, how we can keep our surroundings clean.

Ans .1. Water should not be stagnant anywhere around the house as it can lead to breeding of mosquitoes.

2. Drains must be kept covered.

3. Waste should be disposed properly in the bins. garbage should be separated into the biodegradable and non biodegradable waste before disposal.

4. Parks and public places should have dustbin for waste disposal.

5. People should be made aware about healthy practices through seminars, workshops and education.