Chapter 7: Health and Hygiene

Worksheet 1

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- (i) Pellagra is caused due to the deficiency of ______.
- (ii) Protein deficiency leads to ______.
- (iii) Lack of _____ results in diabetes.
- (iv) Rabies is caused by the bite of a _____ dog.

2. Give one word for the following.

- (i) The waste which decays easily
- (ii) An area where garbage is dumped
- (iii) Any disorder or discomfort in the body
- (iv) The state of complete physical, mental and social well-being.
- (v) Hypersensitive reaction of the body to some foreign substances.

3. Correct the statements by replacing wrong word(s).

- (i) DPT protects against tuberculosis.
- (ii) The regular high blood pressure is called angina.
- (iii) The process of converting wet waste into manure by microorganisms is called leaching.
- (iv) Taking care of one's own body is called hygiene.
- (v) Rheumatoid arthritis affects weight-bearing joints of the body.

4. Write the sources of the following.

- (i) Iodine
- (ii) Calcium
- (iii) Vitamin C
- (iv) Vitamin A

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Worksheet 2

1. Tick the correct answer.

- (i) Compostable waste is dumped in
 - (a) Green bin
- (b) Blue bin
- (c) Gray bin
- (d) Red bin

- (ii) Bronchitis is caused by
 - (a) Air pollution

(b) Water pollution

(c) Allergens

- (d) Soil pollution
- (iii) DPT vaccine gives immunity against
 - (a) Diphtheria, Polio, Tatanus
- (b) Diphtheria, Pertussis, Tuberculosis
- (c) Diphtheria, Polio, Tuberculosis
- (d) Diphtheria, Pertussis, Tetanus

2. Cross the odd one out.

- (i) Compostable waste, Recyclable waste, Wet waste, Compost
- (ii) Diabetes, Cataract, Polio, Cancer
- (iii) Calcium, Vitamin D, Phosphorus, Potassium
- (iv) Bronchitis, Silicosis, Haemophilia, Allergy

3. Match the following.

Column A Column B

- (i) Decomposed waste
- (a) Whooping cough

(ii) DPT

(b) Dermatitis

(iii) OPV

- (c) Blood pressure
- (iv) Vitamin B₂
- (d) Compost
- (v) Hypertension
- (e) Polio

4. Write T for true and F for false statement.

- (i) Plague is spread by ratfleas.
- (ii) Mumps is a viral disease.
- (iii) Elephantiasis is the enlargement of blood vessels.
- (iv) Deficiency of iodine leads to goitre.
- (v) Blue bins are used for dumping wet waste.