

Vidya Bhawan Balika Vidyapeeth Lakhisarai

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Sub. Biology

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Based on NCERT patterns

1. Why are we normally advised to take bland and nourishing food when we are sick?

When we fall sick, normal body functioning gets disturbed and do not function normally.

As a result, improper digestion ability, we lose appetite and absorption of food is slow. Therefore, we are advised to take bland and nourishing food during sickness as it is easily digested and contains adequate nutrients, vitamins, and minerals to produce energy.

2. What are the different means by which infectious diseases are spread?

Infectious diseases are generally spread through the following modes - Water, air, vector such as mosquito, sexual contact, physical contact with the affected, or by using affected person's clothes, bedding, utensils, etc.

3. What precautions can you take in your school to reduce the incidence of infectious diseases?

Some of the precautions that we can take in our school to reduce the incidence of infectious diseases are-

- (a). Trying to stay away from students who are infected.
- (b). Covering mouth and nose while coughing and sneezing.
- (c). Keeping the school environment clean so that there are no multiplication vectors. (d). Consuming safe aqua guard water.

4. What is immunization?

The method to boost our immune system with the help of vaccines that help the body to fight against infectious diseases is called immunization.