

# **VIDYA BHAWAN, BALIKA VIDYAPITH**

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**Class: V**

**Sub.tec: Naina paswan**

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**BASED ON N.C.E.R.T PATTERN**

**CHAPTER: 8 FOOD,HEALTH AND SAFETY**

**CHECK YOURSELF : ( PAGE: 63)**

**Ans 1. Roughage is the portion of plant foods, such as whole grains, nuts, seeds, legumes, fruits, and vegetables, that your body can't digest. However, it's an important food source for the beneficial bacteria in your gut. It may also aid weight management and decrease certain risk factors for heart disease.**

**Ans 2. Dalia is a rich source of proteins .**

**CHECK YOURSELF ( PAGE : 64)**

**Ans 1. Hygiene is any practice or activity that you do to keep things healthy and clean. Washing hands, coughing into your elbow, and**

**regular house cleaning are all part of good hygiene.**

**Ans 2. cleaning your body every day.**

- washing your hands with soap after going to the toilet.**
- brushing your teeth twice a day.**
- covering your mouth and nose with a tissue (or your sleeve) when sneezing or coughing.**
- washing your hands after handling pets and other animals.**
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### **CHECK YOURSELF PAGE-66**

**Ans 1. Communicable diseases are the diseases which passes from one individual to another individual. They are generally caused by some bacteria, viruses or any other pathogens. For example, malaria, AIDS etc. Non-communicable diseases are the diseases which does not spread from one person to another person.**

**Ans 2. A. Viral diseases:** Common examples of contagious viral diseases include the flu, the common cold, HIV, and herpes. Other types of viral diseases spread through other means, such as the bite of an infected insect.

**B. Bacterial diseases:** Other serious bacterial diseases include cholera, diphtheria, bacterial meningitis, tetanus, Lyme disease, gonorrhoea, and syphilis.

**C. Protozoan diseases:** Many of the most prevalent and deadly human diseases are caused by a protozoan infection, including African Sleeping Sickness, amoebic dysentery, and malaria.

**D. Fungal diseases:** Most common fungal diseases:

Fungal nail infections. Common infections of the fingernails or toenails. Vaginal candidiasis. Caused by the yeast *Candida*, also called a “vaginal yeast infection.” Ringworm.

**Ans E. Diseases through insects bite: They transmit certain specific diseases according to the specific species, climate and habitat: malaria (Anopheles), chikungunya virus, dengue fever, yellow fever, Japanese encephalitis, lymphatic filariasis. Their flight can be more or less noisy; their bite is not always painful.**

**Ans 3. A vector is a quantity or phenomenon that has two independent properties: magnitude and direction. ... Examples of vectors in nature are velocity, momentum, force, electromagnetic fields, and weight .**

**Ans 4. Airborne diseases pass from one person to another when microorganisms – such as bacteria, fungi, or viruses – travel through the air in aerosolized particles. Chickenpox, the common cold, and COVID-19 can all be transmitted in this way. Airborne diseases can transmit through coughs or sneezes, spraying liquid, or dust.**

**To be CONTINUE.....**