

UNIT 6 - HEALTH AND HYGIENE

Class:VII

Subject: Science

I. Choose the appropriate answer.

1. Ravi has sound mind and physically fit body. It refers to
a. hygiene **b. health** c. cleanliness d. wealth
2. Sleep is not only good for our body, but it is also good for
a. enjoyment b. relaxation **c. mind** d. environment
3. Our living place should be
a. open b. closed **c. clean** d. unclean / untidy
4. Tobacco chewing causes
a. anemia **b. periodontitis** c. tuberculosis d. pneumonia
5. The first aid is to
a. save money b. prevent scars
c. prevent the medical care **d. relieve the pain**

II. Fill in the blanks.

1. A group of people living together in a particular area is called Community
2. I am green colour box with garbage. I am Bio degradable waste.
3. Eyes are considered as Windows to the world.
4. The hair follicles produce Oil which keeps the hair smooth.
5. Tuberculosis is caused by the bacterium Mycobacterium tuberculae.

III. State true or false. If false, correct the statement.

1. All food should be covered. True
2. Chicken pox is also known as **Varicella**. False
3. Stomach ulcer is a non- communicable disease. True
4. Rabies is a fatal disease. True
5. First – degree burns damage the **outer layer** skin. False

IV. Match the following.

- | | | | |
|-----------------|---|----------------|---|
| 1. Rabies | - | Salmonella | 5 |
| 2. Cholera | - | Yellow Urine | 4 |
| 3. Tuberculosis | - | Cramps in legs | 2 |
| 4. Hepatitis | - | Hydrophobia | 1 |
| 5. Typhoid | - | Mycobacterium | 3 |

V. Analogy

1. First degree burn : Epidermis :: Second degree burn : **Dermis**.
2. Typhoid : Bacteria :: Hepatitis : **Virus**.
3. Tuberculosis : Air :: Cholera : **Water**.

VI. Consider the following statements and choose the correct option.

1. Assertion: Oral hygiene is good.

Reason: Sound teeth has healthy gums with healthy surrounding tissues.

2. Assertion: Chicken pox is a viral communicable disease.

Reason: It is characterized by rashes on the whole body, fever, head ache and tiredness.

- a) Both A and R are true
- b) Both A and R are false
- c) A is true but R is false.
- d) A is false but R is true.

VII. Answer very briefly.

1. What is hygiene?

Hygiene refers to the good habits and their practices which are followed to prevent diseases, maintain good health, especially through cleanliness, consumption of safe drinking water and proper disposal of sewage.

It refers to all those activities that are done for improving and maintaining good health and sound mind .

2. Write about the right way of protecting the eyes.

- i) Do not rub the eyes .
- ii) Do not watch TV / work on computers for a long time.
- iii) Use cold water for cleaning eyes.
- iv) Eat lot of carrot which is rich in vitamin A needed for good vision.
- v) Eat fruits like orange, sweet lemon and lemon regularly.

3. How to keep your hair clean and healthy?

- Regular hair wash and massage of the scalp will remove the dead skin cells, excess oil and dust.

- Rinsing the hair well with clear water and using good toothed comb for hair dressing is highly essential for the maintenance of hair.

4. Sobi frequently plays with her mobile. Suggest your ideas to protect her eye from irritation?

- i) Stop playing with the mobile for a long time.
- ii) Keep the mobile at a distance from the eyes while playing.
- iii) Wash eyes with cold water at intervals.

5. Give any two communicable diseases, which spread in your locality during monsoon.

1. Cholera
2. Diarrhoea

6. What first aid will you provide in the case of bruises?

- A cut is a line of damage that can go through the skin and into the muscle tissues below, whereas a scratch is surface damage that does not penetrate the lower tissues.
- The affected area should be washed with cold running water and cleaned with an antiseptic liquid. Then an antiseptic cream should be applied on the wound

7. Ravi said, Ganga had minor burn, so I washed it with water. Do you agree with his statement? Explain, why?

Yes, In case of minor burns, the affected area should be washed with cold water and an antiseptic cream should be applied.

In case of severe burns, where deeper layers of tissues get destroyed and blisters appear.

VIII. Answer briefly.

1. Why first aid is essential?

First aid is the immediate treatment given to the victim of trauma or sudden illness before medical help is made available. First aid is important for following reasons.

TMM) It saves the life.

TMMii) It prevents further bleeding and determine the condition of the patient.

TMMiii) It relieves the pain.

TMMiv) It provides a medical care available at the earliest.

2. What steps you will follow to keep your teeth healthy?

- Good oral hygiene implies sound teeth and healthy gums with healthy surrounding tissues.
- Brushing two times a day, will prevent the formation of tartar and plaque on your teeth and gums.
- When you floss, it will remove food particles, plaque and bacteria which build up between your teeth.
- It should be started proper medical guidance.
- Eat a well balanced diet and avoid habitats like chewing tobacco.

3. What does this picture mean?



It says that “waste should not be thrown there”.

4. Distinguish communicable diseases and non-communicable diseases.

S.No	Communicable diseases	Non – Communicable Diseases
1	These diseases spread one from person to another person.	These disease do not spread from one person to another person.
2	They are spread through contaminated water, air, food or vectors, eg Tuberculosis, Cholera	They are caused due to wearing out of body parts or malnutrition etc... eg. Goiter, Nightblindness.

5. Name the mode of transmission of communicable diseases.

Communicable diseases are those diseases that spread from one person to another. Various modes given below.

- Food and water borne diseases – e.g Cholera , typhoid
- Air borne diseases – e.g Tuberculosis, cold.
- Insect other animals borne diseases – eg. Tuberculosis, cold.
- Contaminated food water , air and Insects are the modes for transmission of communicable diseases.

6. Your friend says that her hair is thin, sparse and lost very often. Suggest your ideas to reduce this problem.

The condition of the hair reflects to some extent the nutritional status and general health of the body. Thin , sparse and lots of hair indicates poor nutritional status.

The following measures will help to maintain hair growth and avoid hair loss.

- Regular hair wash and massage of the scalp will remove the dead skin cells, excess oil and dust.
- Rinsing the hair well with clear water and using good toothed comb for hair dressing is highly essential for the maintenance of hair.
- Eating balanced diet which provides all nutrients needed for the body will promote hair growth.
- Applying oil to the skin and massing the scalp will promote hair growth.
- Use of chemicals (dye, shampoos) must be used to avoid hair loss.

IX. Answer in detail.

1. Write about any three communicable diseases in detail.

Communicable diseases are those diseases that spread from one person to another. Various modes given below.

1. Tuberculosis

Tuberculosis (TB) is caused by *Mycobacterium tuberculae* and spreads from one person to another person through air, spitting, prolonged contact and sharing materials of the patient.

Symptoms:

Fever, weight loss, chronic cough, bloody spitting and difficulty in breathing.

Prevention and treatment :

- BCG vaccination.
- Giving special attention to the patients
- Regular medication like DOT.

2. Cholera

Cholera is caused by *Vibrio cholera* and spread through the consumption of contaminated food or water.

Symptoms:

vomiting, severe diarrhoea and cramps in legs.

Prevention and treatment

- Good hygienic practices like washing hands before eating.
- Avoid eating uncovered food from street vendors.
- Drinking boiled water.
- Getting vaccination against cholera.

3. Typhoid

Typhoid is caused by *Salmonella typhi* and spreads by contaminated food and water

Symptoms:

Anorexia, headache, rashes on abdomen, dysentery and high fever up to 104°F.

Prevention and treatment :

- i) Good hygienic practices like washing hands before eating.
- ii) Avoid eating uncovered food from street vendors.
- iii) Drinking boiled water.
- iv) Getting vaccination against cholera.

2. List the situations in which first aid is given. What would you do if a person suffers from skin burns?

The tissue damage caused by heat, chemical, electricity, sunlight or nuclear radiation is known as burns. Mostly burns are caused by scalds, building fires, flammable liquid and gases. There are three types of burns, according to degree of burning.

- First-degree burns affect only the outer layer (called the epidermis) of the skin.
- Second-degree burns damage the epidermis and the layer beneath it (called the dermis).
- Third-degree burns involve damage or complete destruction of the skin to its full depth and damage to underlying tissues also. People who experience such burns often require skin grafting

First Aid for Burning

- In case of minor burns, the affected area should be washed with cold water and an antiseptic cream should be applied.
- In case of severe burns, where deeper layers of tissues get destroyed and blisters appear, use of water should be avoided.
- The burnt area should be covered with a clean non-sticking cloth or bandages. Larger burns need immediate medical attention. It is very important to keep a fire extinguisher readily available.

3. How the diseases are transmitted from one person to the other person?

Communicable diseases are those diseases that spread from one person to another. Healthy persons must be protected from people with communicable diseases. Diseases spread through contaminated air, water, food or vectors (insects and other animals).

1. The communicable diseases are caused by diseases causing microbes such as bacteria, viruses etc...
2. These microbes are found in contaminated water, food, air etc...
3. Some of them like the malarial parasite complete their life cycle in the body of a mosquito.
4. Thus air, food, water, sweat act as modes of transmitting these microbes from an infected person to healthy person.
5. E.g the cycle given below shows how food and water borne disease are transmitted.

s.no	Mode of transmission	Examples
1	Contaminated food and water	Cholera, Typhoid
2	Contaminated air	Tuberculosis
3	Insect/ Animal borne diseases	Malaria, Rabies.

X. Higher order thinking question.

A person is sleeping during day time. Why does this happen to some people that they feel sleepy during day time in office or in the classroom? Have you ever come across such situation? Explain.



1. Many people tired and do not have energy to perform day to day activities. They tired and tend to sleep in classroom or work place. Though sleep can be due to various reasons , the common reason for these condition is Anameia.
2. People who are Anaemic have less number of Red blood cells in their blood.
3. The Red blood cells have haemoglobin which carries oxygen to all the cells of the body.
4. People who are anaemic will have less slow oxygen supply to all cells of the day.
5. Energy production in the cells is less and they feel tired and sleepy always . This is due to in the diet. Prevention : Eat food rich in Iron.