

WORKSHEET 1/3

Class - IX

Subject - Science

Chapter 13 – Why do we fall ill?

Q1. State any two conditions essential for good health.

Answer:

Good health of a person depends on

- (i) social environment.
- (ii) public cleanliness.
- (iii) good economic conditions and earnings.
- (iv) social equality and harmony.

Q2. State any two conditions essential for being free of disease.

Answer:

The conditions essential for being free of diseases

- (i) Taking good food (balanced diet)
- (ii) Maintaining personal and public hygiene.

Q3. Are the answers to the above questions necessarily the same or different?
Why?

Answer:

The answers are not exactly same all the time. Because the meaning of health varies from person to person. For example, good health for a dancer may be being able to stretch his body into difficult but graceful positions.

On the other hand, good health for a musician may mean having enough breathing capacity in his/her lungs to control his/her voice.

There is one similarity in both the cases. If the conditions essential for good health are maintained, then there are no chances of getting a disease.

Q4. List any three reasons why you would think that you are sick and ought to see a doctor. If only one of these symptoms were present, would you still go to the doctor? Why or why not?

Answer:

When there is a disease, its symptoms and signs appear. These symptoms may be headache, cough, loose-motions, wound with pus, etc. These symptoms indicate disease but do not tell what the disease is. So, it is advisable to go to the doctor to diagnose any signs of a disease on the basis of these symptoms. The doctor will get laboratory tests done, if required for the confirmation of a particular disease.

Q5. In which of the following case do you think the long-term effects on your health are likely to be most unpleasant?

If you get jaundice,

If you get lice,

If you get acne.

Why?

Answer:

Lice and acne will not cause long lasting effects on our body. But in case of jaundice, there will be severe long lasting effects. For example:

(i) High temperature, headache and joint pains.

(ii) Feeling of nausea and vomiting.

(iii) Initiating rashes.

The patient will suffer from poor health and will recover by taking complete bed rest for sometime.

Q6. Why are we normally advised to take bland and nourishing food when we are sick?

Answer:

In case of illness, the normal functions of the body get disturbed. So, a nourishing food is required which is easily digestible and contains all the nutrients. Therefore, bland and nourishing food is advised to take during sickness.

Q7. What are the different means by which infectious diseases are spread?

Answer:

Infectious diseases spread by different means. These are:

(i) Through air: An infected person when sneezes or coughs releases droplets containing germs. These droplets infect another healthy person through air and microbes enter a new body.

Examples of such diseases are common cold, pneumonia and tuberculosis.

(ii) Through water: If the water source is polluted by the excreta of infectious persons having gut diseases and this water is used by other people they will be infected by diseases.

For example, cholera, amoebiasis, hepatitis spread through water.

(iii) Through sexual contact some diseases like AIDS and syphilis, etc., are transmitted by sexual contact. Other than this, AIDS virus also spread through blood, infected syringes, infected mother to her baby during pregnancy and through breast feeding.

(iv) Through vectors There are some animals which act as intermediaries or vectors for a particular disease. The vectors carry diseases from infected person to the healthy person.

For example, mosquito spread malaria causing organism in humans, while sucking their blood.

8. Differentiate between Acute Diseases and Chronic Diseases.

Acute Disease	Chronic Disease
They are short duration disease.	They are long lasting disease.
Patient recovers completely after the cure.	Patient does not recover completely.

There is no loss of weight or feeling of tiredness afterward	There is often loss of weight of feeling of tiredness.
There is short duration loss of work and efficiency.	There is a prolonged loss of work and efficiency.

1. Define Health? What do you interpret when we say a person is in good health?
2. State any two conditions essential for good health.
3. What are three dimensions of health? Are they inter related?
4. Kidneys of a person do not filter urine properly. How does it affect physical, mental and social dimensions of that person?
5. State any two conditions essential for being free of disease.
6. What is a balanced diet?
7. How do you define 'disease'?
8. State and explain in brief the four major factors, which are the causes of disease.
9. Is there any difference between 'being healthy' and 'disease free'?
10. How do we identify a disease?
11. What is the difference between symptoms and signs of a disease?
12. Based on duration or persistence, how diseases are categorised?
13. Give examples of Acute diseases.
14. Give four examples of Chronic diseases.
16. Name a disease which was earlier considered to be chronic but now can be treated in short duration?
17. List any two differences between infectious and non-infectious diseases. Write any one example of each disease.
18. What are infectious agents? What are the different infectious agents?
19. Classify the following diseases as infectious or non-infectious.
 - (a) AIDS
 - (b) Tuberculosis
 - (c) Cholera
 - (d) High blood pressure

(e) Heart disease (f) Pneumonia (g) Cancer

20. Fill in the blanks

(a) _____ disease continues for many days and causes _____ on body.

(b) _____ disease continues for a few days and causes no longer term effect on body.

(c) _____ is defined as physical, mental and social well-being and comfort.

(d) Common cold is _____ disease.

(e) Many skin diseases are caused by _____.