

Science Lecture Sheet for Class-V

Healthy lifestyle

A **healthy lifestyle** is a way of living that lowers the risk of being seriously ill.

Not all diseases are preventable, but a large proportion of diseases, can be avoided if we maintain a healthy life style.

A) Infectious Diseases:

1. What is infectious diseases?

Infectious diseases are the diseases caused by the entrance of germs such as bacteria, viruses, fungi, into the body. The diseases can spread directly or indirectly from one person to another.

2. Ways of spreading infectious diseases:

- a.** Some diseases can pass from person to person through the air when someone coughs or sneezes.
- b.** We may get infectious diseases by using glass, plate, chair, table, clothes, toilet, etc. that used by an infected person.
- c.** Some infectious diseases are transmitted by bites of insects such as mosquitoes, and animals such as a dog.
- d.** Another way of causing infectious diseases is the eating of contaminated food and drinking contaminated water.

Science Lecture Sheet for Class-V

3. Types of infectious diseases + 4. Prevention and cure of infectious diseases:

There are four types of infectious diseases. They are: -

- i) Airborne Diseases
- ii) Waterborne Diseases
- iii) Contact Diseases
- iv) Diseases transmitted by animals and insects

	Airborne Diseases	Waterborne Diseases
Definition	This disease caused by germs and transmitted through the air due to coughing, sneezing or talking are called airborne diseases.	The diseases caused by taking water contaminated with germs are called waterborne diseases.
Example	Swine flu, measles, chickenpox, tuberculosis, and influenza.	Diarrhoea, Cholera, Dysentery, and Typhoid
Prevention	<ul style="list-style-type: none"> a) We can also prevent infectious disease by covering face during coughs and sneezes with tissue, handkerchief or elbow and keeping our environment clean. b) Wash your hands thoroughly and especially after sneezing or coughing. c) We can keep our body healthy by eating a balanced diet and using safe water. d) We can also prevent the spread of diseases by adequate ventilation in our room. e) Avoid touching your face or other people with unwashed hands. f) Getting vaccination and avoiding unhygienic foods helps reduce the risk of the disease. 	<ul style="list-style-type: none"> a) We have to drink only clean and safe water b) Can use the antiseptic liquid in our bathing water to prevent waterborne diseases c) We should regularly wash our hands with soap after returning home, after using the toilet, before and after preparing food, before eating or drinking anything. d) Ensures food is washed and thoroughly cooked e) Avoid eating state cooked food, unrefrigerated food kept exposed outside for long hours. f) The vaccinations for immunization against preventable diseases like Typhoid, Hepatitis A, polio etc.

Science Lecture Sheet for Class-V

Related Questions with this topic

1. What is infectious diseases?

Answer:

Infectious diseases are the diseases caused by the entrance of germs such as bacteria, viruses, fungi, into the body. The diseases can spread directly or indirectly from one person to another.

2. Types of infectious diseases.

Answer:

There are four types of infectious diseases. They are:

- a. Airborne Diseases
- b. Waterborne Diseases
- c. Contact Diseases
- d. Diseases transmitted by animals and insects.

3. How infectious diseases spreads from one person to another person?

Answer:

Ways of spreading infectious diseases:

- a. Some diseases can pass from person to person through the air when someone coughs or sneezes.
- b. We may get infectious diseases by using glass, plate, chair, table, clothes, toilet, etc. that used by an infected person.
- c. Some infectious diseases are transmitted by bites of insects such as mosquitoes, and animals such as a dog.
- d. Another way of causing infectious diseases is the eating of contaminated food and drinking contaminated water.

Science Lecture Sheet for Class-V

4.What is airborne diseases? How can we prevent airborne diseases?

Answer:

Airborne Diseases

This disease caused by germs and transmitted through the air due to coughing, sneezing or talking are called airborne diseases.

Example: Swine flu, measles, chickenpox, tuberculosis, and influenza.

The ways to prevent airborne diseases

- a) We can also prevent infectious disease by covering face during coughs and sneezes with tissue, handkerchief or elbow and keeping our environment clean.
- b) Wash your hands thoroughly and especially after sneezing or coughing.
- c) We can keep our body healthy by eating a balanced diet and using safe water.
- d) We can also prevent the spread of diseases by adequate ventilation in our room.
- e) Avoid touching your face or other people with unwashed hands.
- f) Getting vaccination and avoiding unhygienic foods helps reduce the risk of the disease.

5.What is waterborne diseases? How can we prevent waterborne diseases?

Waterborne Diseases:

The diseases caused by taking water contaminated with germs are called waterborne diseases.

Example: Diarrhoea, Cholera, Dysentery, and Typhoid

The ways to prevent waterborne diseases

- a) We have to drink only clean and safe water
- b) Can use the antiseptic liquid in our bathing water to prevent waterborne diseases
- c) We should regularly wash our hands with soap after returning home, after using the toilet, before and after preparing food, before eating or drinking anything.
- d) Ensures food is washed and thoroughly cooked
- e) Avoid eating stale cooked food, unrefrigerated food kept exposed outside for long hours.
- f) The vaccinations for immunization against preventable diseases like Typhoid, Hepatitis A, polio etc.

Science Lecture Sheet for Class-V

Sample Board question with Answer:

Q1#What is infectious disease? Write 2 causes of why infectious diseases spread? Write 3 steps to prevent infectious diseases. (2018)

Answer:

Infectious Diseases:

Infectious diseases are the diseases caused by the entrance of germs such as bacteria, viruses, fungi, into the body. The diseases can spread directly or indirectly from one person to another.

Example:

measles, chickenpox, diarrhoea, cholera etc.

Two ways of spreading infectious diseases:

- a. Some diseases can pass from person to person through the air when someone coughs or sneezes.
- b. We may get infectious diseases by using glass, plate, chair, table, clothes, toilet, etc. that used by an infected person.

Three steps to prevent infectious diseases:

- a) We can also prevent infectious disease by covering face during coughs and sneezes with tissue, handkerchief or elbow and keeping our environment clean.
- b) Wash your hands thoroughly and especially after sneezing or coughing.
- c) We can keep our body healthy by eating a balanced diet and using safe water.