

Prepared by: Lamyea Alam
Asst. Teacher
Cosmo School
Subject: Science
Class: V
Class date: 18/08/2020

Chapter – 7 Healthy Lifestyle

A) Infectious Diseases:

1. What is infectious diseases? (2017)

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.

Q: Write two causes of infectious disease spread. (2018)

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.

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

❖ 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.

Common ways to prevent airborne diseases:

There are some common ways to prevent airborne diseases such as:

- a. Avoid close contact with people who have active symptoms of diseases.
- b. Stay home when you are sick. Don't let vulnerable people come in close contact with you.
- c. If you must be around others wear a face mask to prevent spreading or breathing in germs.

Q: What should you do while coughing and sneezing? (2018 , 2015)

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

Prepared by:LamyeeAlam

Asst. Teacher

Cosmo School

Subject: Science

Class: V

Class date: 18/08/2020

- g. We can also prevent the spread of diseases by adequate ventilation in our room.
- h. Avoid touching your face or other people with unwashed hands.
- i. Getting vaccination and avoiding unhygienic foods helps reduce the risk of the disease.

❖ **Waterborne Diseases:**

Q: What kind of pollution is responsible for typhoid and dysentery? (2017)

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

Example: Diarrhoea, Cholera, Dysentery, and Typhoid

Common ways to prevent waterborne diseases:

1. We have to drink only clean and safe water
2. Can use the antiseptic liquid in our bathing water to prevent waterborne diseases
3. 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.
4. Ensures food is washed and thoroughly cooked
5. Avoid eating stale cooked food, unrefrigerated food kept exposed outside for long hours.
6. The vaccinations for immunization against preventable diseases like Typhoid, Hepatitis A, polio etc.

❖ **Contact Diseases:**

Q: What is contact disease? (2018)

The diseases caused by direct or indirect contact with an infected person are called contact diseases.

Example: Flu, Ebola, Measles ect.

- **AIDS:**Acquired Immune Deficiency Syndrome

Q:Through which virus is AIDS transmitted? (2016)

- **HIV:** Human Immunodeficiency Virus

Q. Why is AIDS called a different kind of infectious disease? Explain it.

AIDS is a different kind of infectious disease caused by HIV. We will not be infected with AIDS even if we touch an HIV infected person or use things that an HIV infected person uses. We can

Prepared by:LamyeaAlam

Asst. Teacher

Cosmo School

Subject: Science

Class: V

Class date: 18/08/2020

even Hands shake with an HIV infected person. That is why AIDS is called a different kind of infectious disease.

❖ **Diseases transmitted by animals and insects:**

Some infectious diseases are transmitted by animal and insects' bites.

Q: Which disease can be caused when a dog bites? (2018)

Example: Rabies is transmitted through bites of rabies-infected dogs.

Q: Write down the names of two diseases that spread through mosquito bites. (2016)

Malaria and Dengue are caused by mosquito bites.

Q: Write three ways to prevent Dengue.(2018)

Ans Three ways to prevent dengue:

- a) We never allow any objects that hold water like tyres, canister lying around.
- b) We will close the windows and doors to avoid allowing mosquitoes into our house spaces.
- c) We should wear long-sleeve shirts and long pants.

Q: From which disease can you prevent yourself by keeping the tub clean? (2018)

Ans: We can prevent ourselves from malaria and dengue by keeping the tub of flowers clean.

Common ways to prevent animal and insect-transmitted diseases:

Q: Write one way to prevent yourself from a mosquito bite.(2018)

1. We can use bug or insect repellent.
2. Check pets regularly for ticks.
3. We have to vaccinate our family and our pets regularly
4. Discards pet waste in tight bags
5. We should avoid rough play as it can lead to scratches and bites
6. We should change our dress after walking with our dog.

How to cure Infectious Diseases? (2018)

Prepared by:LamyeaAlam

Asst. Teacher

Cosmo School

Subject: Science

Class: V

Class date: 18/08/2020

a) Taking rest, eating nutritious food and drinking enough safe water will help us get better.

b) If we have mild fever or headache, some medicine helps us feel more comfortable initially.

c) We must need to see a doctor soon if we have a fever which is not getting well and have continuous vomiting and serious headache

Q: Write three steps to prevent infectious diseases. (2018)

Q: Write the name of two infectious diseases. (2018)

Types of infectious diseases chart

	Airborne Diseases	Waterborne Diseases	Contact Diseases	Diseases transmitted by animals and insects
D E F I N I T I O N	The diseases 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.	The diseases caused by direct or indirect contact with an infected person are called contact diseases.	Some infectious diseases are transmitted by animal and insects' bites.
E X A M P L E	Swine flu, measles, chickenpox, tuberculosis, and influenza.	Diarrhoea, Cholera, Dysentery, and Typhoid	Example: Flu, Ebola, Measles etc.	Example: Rabies is transmitted through bites of rabies-infected dogs. Malaria and Dengue are caused by mosquito bites.
P R E V E N T I O N	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.	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	a) Wash your hands or use hand sanitizer before handling food and after shaking hands. b) Always wash with soap and water if your hands are visibly	a) We can use bug or insect repellent. b) Check pets regularly for ticks. c) We have to vaccinate our family and our pets regularly

Prepared by:LamyeaAlam

Asst. Teacher

Cosmo School

Subject: Science

Class: V

Class date: 18/08/2020

N	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.	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.	soiled. c)Try to minimize touching your mouth or nose with your hands. d)Avoid sick people, if possible.	
---	---	--	--	--

2. Puberty:

Q. What is Puberty? (2018)

Puberty is the time in life when our body is to develop and changes from the body of a child to the body of a teenager.

Q. When puberty starts?

Q: When does puberty start for boys? (2016)

Puberty starts between age 8 and 13 in girls and age 9 and 15 in boys.

Q. During puberty what types of changes occur for boys and girls?

In the time of puberty physicals, emotional and behavioral changes occur for boys and girls.

Changes in the body during puberty (2018)

There are some common changes occur in puberty. These are

1. Growing taller
2. Changing the shape of the body
3. Sweating more
4. Getting oiler skin and often pimples the face.
5. The body weight increases during puberty.

Prepared by:LamyeaAlam

Asst. Teacher

Cosmo School

Subject: Science

Class: V

Class date: 18/08/2020

In the case of male children changing of voice, well shaping of muscle and getting bearded and mustaches are common changes.

And for a female child, their muscles also start shaping but not as much as boys.

Taking care of the body during puberty(2018)

Puberty is a natural change so everyone should go through this. In the time we should take care of our bodies in the following ways. Such as:

1. We have to maintain personal hygiene
2. We should take nutritious food
3. During puberty, our body needs a sound sleep
4. We have to take bath regularly

Q: Whom will you consult with about your anxiety during puberty? (2018)

5. If we worried about something then we should talk to our parents, teachers or our elder brothers or sisters