

Chapter – 7

Healthy Lifestyle

Work sheet (Fill in the blanks & Matching)

1. Fill in the blanks with appropriate words:

- a) Swine flu transmitted through the_____.
- b) For having continuous vomiting and serious headache, we have to go to__.
- c) Dysentery is a_____infectious disease.
- d) Body_____get well shaped during puberty.
- e) We can improve our health and well-being by improving_____.
- f) Infectious diseases can_____through from person to person.
- g) Eating_____food and water causes infectious diseases.
- h) Measles is one kind of_____disease.
- i) Waterborne Diseases are the diseases caused by taking_____water.
- j) AIDS is an infectious disease caused by_____virus.
- k) If we shake hands with HIV_____person, we will not be infected.
- l) Malaria and Dengue are caused by____bites.
- m) Infectious diseases can also be caused by _____animal and insects bites.
- n) Infectious diseases spread through_____.
- o) If we improve our_____system then we will be able to stop the spread of germs.
- p) We should cover our face with handkerchief or elbow during_____or sneezing.
- q) Getting_____and avoiding unhygienic foods helps reduce the risks of the diseases.
- r) Taking rest, drinking safe water and eating_____food will help us get better.
- s) Usually, puberty starts between age 8 and 13 in_____and age 9 and 15 in boys.
- t) During puberty physical, emotional and_____changes occur for boys and girls.
- u) Maintaining personal_____and taking nutritious food is very important during puberty.

Answer:

- a) Air b) The doctor c) Waterborne d) Muscles e) Healthy lifestyle
f) Pass g) Contaminated h) Airborne i) Contaminated j) HIV
k) Infected l) Mosquito m) Transmitted n) Germs o) Immune
p) Coughing q) Vaccination r) Nutritious s) Girls t) Behavioral
u) Hygiene.

2. Match column A with column B and write down the correct sentences on your answer scripts:

Column- A	Column-B
a) Infectious diseases are	1) taking contaminated water.
b) Infectious diseases can spread	2) waterborne diseases.
c) Airborne infectious diseases are	3) direct or indirect contact with an infected person
d) Waterborne diseases are caused by	4) eating a balanced diet and drinking safe water.
e) Typhoid is one kind of	5) help reduce the risk of the diseases.
f) Contact diseases are diseases caused by	6) increases during puberty
g) AIDS is caused by	7) natural change
h) Rabies is transmitted through	8) to improve our immune system.
i) We can keep our body healthy by	9) bites of rabies infected dog
j) Getting vaccination and avoiding hygienic foods	10) HIV virus
k) Body weight	11) swine flu, measles, chicken pox tuberculosis and influenza etc.
l) Puberty is a	12) from one person to another
	13) caused by germs

Answer:

- a) Infectious diseases are caused by germs.
- b) Infectious diseases can spread from one person to another.
- c) Airborne infectious diseases are swine flu, measles, chicken pox tuberculosis and influenza etc
- d) Waterborne diseases are caused by taking contaminated water.
- e) Typhoid is one kind of waterborne diseases.
- f) Contact diseases are diseases caused by direct or indirect contact with an infected person.
- g) AIDS is caused by HIV virus.
- h) Rabies is transmitted through bites of rabies infected dog
- i) We can keep our body healthy by eating a balanced diet and drinking safe water.
- j) Getting vaccination and avoiding hygienic foods help reduce the risk of the diseases.
- k) Body weight increases during puberty.
- l) Puberty is a natural change.

Notice for Students

CHT on chapter 7 (Healthy Lifestyle) will be held on 09/06/2020 Tuesday.