



Second Term Home Assignment
Class: VI, Subject: Physical Education & Health
Worksheet-5 (Chapter-3, Lesson-4), Date: 19/08/2020
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Chapter-3: Introduction of Health Science and Health Service
Lesson-4: Causes and effects of contagious diseases

1. Question: When the body becomes infected and diseases triumphs over it?

Answer: We are constantly coming in contact with the germs, but all of them cannot affect us. Because there is system in our body that protect us from infection. If this system is not strong enough to fight with the disease, then the body becomes infected and disease triumphs over it.

2. Question: Who fights with the germs of the body and kill it?

Answer: There is a strong immune system of the body which fight with the germs and kill it very nicely.

3. Question: Write down the classification of the causes of contagious diseases and mention the ways of each classifications.

Answer: The causes of contagious diseases may be classified into-

- i) Direct contact &
- ii) Indirect contact

The ways of direct contact are:

- 1) Physical Contact
- 2) Droplet infection
- 3) By infected soil &
- 4) Animal bite

The ways of indirect contact are:

- 1) Media borne

- 2) Vector borne
- 3) Air borne
- 4) Unclean hand &
- 5) Syringe & blades in injection

4. Question: Describe the details of any one ways of spreading contagious disease from Direct and Indirect Contact.

Answer: The details of one ways of spreading contagious disease from Direct and Indirect Contact are described below:

a) Direct contact (Animal bite):

Diseases can be spread by animal bites such as-

- i) Rabies: caused by the bite of mad dog &
- ii) Plague: caused by the bite of rat etc.

b) Indirect Contact (Air borne):

Diseases may be spread by air such as-

Tuberculosis, Influenza, Chickenpox, Pneumonia etc.

Now you will try to solve the answers of the following questions:

- 1) What are the germs present around us?
- 2) What are the causes of diseases?
- 3) How & why sometimes germs cannot infect us?
- 4) When the existence of germs was found?
- 5) What do you mean by micro bacterial diseases?
- 6) What are the diseases break out in epidemic form a very short time?
- 7) What are the physical contact diseases?
- 8) What is droplets?
- 9) What are the diseases spread through blood & food?
- 10) What do you mean by vector & what are the vector borne diseases?

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