

LESSON – 12

CLEANLINESS AND HYGIENE

1. Tick the correct answer.

a. A disease spread by eating infected food is

Ans. (i) Typhoid

b. Bite of an infected mosquito causes

Ans. (iv) Both i and ii

c. Ringworm is caused by

Ans. (i) Fungi

d. A landfill is made

Ans. (iii) In the outskirts of city

e. We should brush our teeth

Ans. (ii) Twice daily

2. Give two examples of each.

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|--------------------------------|-----------------|----------------|
| a. Biodegradable waste | Vegetable Peels | Paper |
| b. Non-biodegradable waste | Plastic | Glass Metal |
| c. Disease caused by virus | Measles | Chicken pox |
| d. Diseases caused by bacteria | Typhoid | Jaundice |
| e. Diseases caused by fungi | Ringworm | Food Poisoning |

3. Write True or False.

- a. People often fall sick due to unclean surroundings. True
- b. Clothes should be changed every. True
- c. Non-biodegradable waste should be disposed in green bins. False
- d. A sick person should be kept in isolation. False
- e. We should use the articles used by the sick people. False

4. Answer the following questions.

a. What are communicable diseases?

Ans. Diseases that spread from a sick to healthy person are called communicable diseases.

b. How can the spread of communicable diseases be prevented?

Ans. Communicable diseases can be prevented by keeping the surroundings clean, maintaining personal cleanliness, eating clean food and drinking clean water.

c. Write three ways to maintain community hygiene.

Ans. (i) Proper disposal of waste and excreta.

(ii) Periodic cleaning and disinfection of water reservoirs, pools, tanks etc.

(iii) Maintenance of cleanliness at all places like markets, schools etc.

d. Write four ways to maintain personal hygiene.

Ans. (i) Take a bath daily.

(ii) Brush teeth properly twice a day.

(iii) Nails should be trimmed at least once a week.

(iv) Wash hands after visiting the washroom.

e. Distinguish between biodegradable and non-biodegradable waste.

Ans. Biodegradable waste- Waste that mixes with the soil easily.

Non-biodegradable waste- Waste that does not mix with the soil easily and causes soil pollution.

f. Write a short note on 'landfill'.

Ans. Landfills are located where disposable materials are sent, which are then buried underground. Landfills are situated in the outskirts of cities to reduce odour and pests.

g. What is an incinerator?

Ans. An incinerator is a furnace for burning waste.