

1. Diseases - Non Communicable And Communicable

TEACHING TASK

CONCEPTUAL UNDERSTANDING QUESTIONS (CUQ's)

Multiple Choice Questions

1. What is a disease?

- A) A healthy body
B) A type of food
C) A problem inside the body
D) A type of exercise

Solution: C

Explanation: A disease is when the body is not working normally.

2. What causes diseases that can make you sick?

- A) Good habits
B) Germs
C) Clean water
D) Exercise

Solution: B

Explanation: Germs like bacteria, viruses, etc., cause diseases.

3. What does a symptom do?

- A) It provides a cure
B) It shows something is wrong
C) It makes you healthy
D) It gives you energy

Solution: B

Explanation: A symptom tells us something is wrong in our body.

4. What tool do you need to see microbes?

- A) Telescope
B) Microscope
C) Binoculars
D) Magnifying glass

Solution: B

Explanation: Microbes are too tiny, so we need a microscope to see them.

5. Which type of microbe lives in your gut and helps digestion?

- A) Virus
B) Bacteria
C) Fungi
D) Protozoa

Solution: B

Explanation: Helpful bacteria live in our intestines and help digestion.

6. What is a virus known for?

- A) Helping digestion
B) Living in soil
C) Multiplying inside cells
D) Breaking down waste

Solution: C

Explanation: Viruses can only multiply inside living cells.

7. What type of diseases cannot be caught from other people?

- A) Communicable
B) Non-communicable
C) Infectious
D) Contagious

Solution: B

Explanation: These diseases do not spread between people.

8. What disease is linked to high sugar levels in the blood?

- A) Asthma B) Diabetes C) Cancer D) Heart disease

Solution: B

Explanation: Diabetes affects the body's control of sugar.

9. Which disease affects the heart and blood vessels?

- A) Asthma B) Diabetes C) Cancer D) Heart disease

Solution: D

Explanation: Heart disease affects blood flow and the heart.

10. What type of diseases spread from one person to another?

- A) Non-communicable B) Infectious
C) Communicable D) Chronic

Solution: C

Explanation: Communicable diseases spread through germs.

11. How can germs travel through the air?

- A) Touching B) Sneezing C) Eating D) Digesting

Solution: B

Explanation: Sneezing releases infected droplets into the air.

12. What can spread germs when touched?

- A) Food B) Door handle C) Water D) Medicine

Solution: B

Explanation: Door handles touched by sick people can spread germs.

13. What should you do before eating and after using the bathroom?

- A) Use hand sanitizer B) Wash your hands
C) Drink water D) Use a napkin

Solution: B

Explanation: Washing hands removes germs and prevents illness.

14. How should you cover your mouth while coughing or sneezing?

- A) With your hand B) With a tissue or elbow
C) With a hat D) With a scarf

Solution: B

Explanation: This prevents spreading germs to others.

ADVANCED LEVEL

15. Which microbes can be found inside your body?

- A) Bacteria B) Viruses C) Fungi D) Protozoa

Solution: A, B, C, D

Explanation: All these microbes live in or on our body.

16. What roles do microbes play in the environment?

- A) Breaking down waste B) Making cheese
C) Causing diseases D) Releasing toxins

Solution: A, B, C

Explanation: Microbes help environment, industries, and can cause diseases.

17. Which are non-communicable diseases?

- A) Asthma B) Diabetes C) Flu D) Heart disease

Solution: A, B, D

Explanation: They do not spread from person to person.

18. Which spread germs through food/water?

- A) Contaminated food B) Washing hands
C) Drinking clean water D) Not washing before cooking

Solution: A, D

Explanation: Dirty food and poor hygiene cause infections.

Fill In the Blanks

19. Non-communicable diseases are not spread by germs like viruses or bacterial.

Solution: viruses, bacteria

20. Germs can spread through body fluids like blood or saliva.

Solution: body

Matching Type

Column A	Column B
1. Bacteria	D
2. Viruses	C
3. Fungi	B
4. Protozoa	A

Solution: 1-D, 2-C, 3-B, 4-A

Answer the Following Questions

22. What are microbes? Explain about Bacteria and Virus.

Solution:

Microbes are tiny organisms that can't be seen without a microscope.

Bacteria: Single-celled organisms. Some are helpful (digestion, curd), others harmful (cholera).

Virus: Smaller than bacteria; can only multiply inside cells. Cause flu, dengue, COVID-19.

23. What are Communicable & Non-Communicable Diseases? Give examples.

Solution:

Communicable: Spread from person to person. (Example: Flu, COVID-19)

Non-Communicable: Do not spread; caused by body conditions or lifestyle. (Ex-

ample: Diabetes, Asthma)

LEARNERS TASK

CONCEPTUAL UNDERSTANDING QUESTIONS (CUQ's)

Multiple Choice Questions

1. Which of these is an example of a symptom?
A) A healthy diet B) A sore throat C) A new toy D) Exercise routine

Solution: B

Explanation: A sore throat is a sign that something may be wrong in the body.

2. What might you feel if you have a disease?

- A) Tired B) Healthy C) Happy D) Energized

Solution:A

Explanation: Many diseases make you feel weak or tired.

3. Which microbe can include yeast and molds?

- A) Bacteria B) Fungi C) Virus D) Protozoa

Solution: B

Explanation: Fungi include yeast and molds.

4. What can protozoa cause if they enter your body?

- A) Nutrient recycling B) Diseases
C) Digestion D) Clean water

Solution: B

Explanation: Protozoa can cause diseases like malaria or amoebiasis.

5. Which microbe helps make foods like cheese and yogurt?

- A) Virus B) Fungi C) Bacteria D) Protozoa

Solution: C

Explanation: Bacteria are used in fermentation to make curd, cheese, yogurt, etc.

6. What condition makes it hard to breathe due to inflamed airways?

- A) Cancer B) Heart disease C) Asthma D) Diabetes

Solution: C

Explanation: Asthma affects airways, making breathing difficult.

7. What can be a cause of non-communicable diseases besides genetics?

- A) Germs B) Exercise C) Lifestyle choices D) Vaccines

Solution: C

Explanation: Poor lifestyle habits like no exercise or unhealthy food can lead to diseases.

8. What is a good way to help prevent non-communicable diseases?

- A) Avoiding exercise B) Eating fruits & vegetables

C) Genetics D) Contagious contact

Solution: A, C

Explanation: Lifestyle and hereditary factors lead to non-communicable diseases.

17. How can communicable diseases spread from one person to another?

A) Air B) Genetics C) Touch D) Vaccines

Solution: A, C

Explanation: Air and direct contact can transmit germs.

Fill In the Blanks

18. To help prevent non-communicable diseases, it is important to make healthy choices such as eating fruits and vegetables, staying active, and avoiding junk food/unhealthy habits.

Solution: junk food / unhealthy habits

19. Communicable diseases are caused by germs like bacteria or viruses, and they can spread from one person to another.

Solution: viruses

Matching Type

20. Match the following:

Column A

1. Air
2. Touch
3. Food and Water
4. Bodily Fluids

Column B

- A. Germs spread through contact with things an infected person touched.
- B. Germs spread through inhalation or touching contaminated surfaces.
- C. Germs spread through contaminated food or water.
- D. Germs spread through infected fluids like blood.

Solution: 1-B, 2-A, 3-C, 4-D

Answer the Following Questions

21. What is meant by disease and symptom?

Solution:

* A disease is a condition where the body is not working normally and makes a person unwell.

* A symptom is a sign that shows there is a problem in the body.

Explanation:

Examples of symptoms include fever, headache, sore throat, and tiredness.

22. Explain about fungi and protozoa.

Solution:

* Fungi are microbes that include yeast and molds. Some help in making bread, while others can cause diseases.

* Protozoa are single-celled microbes found in water or soil. Some cause diseases like malaria.

Explanation:

Both fungi and protozoa are microbes, but they differ in structure, habitat, and effects on humans.

TEACHING TASK

CONCEPTUAL UNDERSTANDING QUESTIONS (CUQ's)

Multiple Choice Questions

1. What causes deficiency diseases?

- A) Excess nutrients
B) Lack of nutrients
C) Overeating
D) Allergies

Solution: B

Explanation: Deficiency diseases occur when the body does not get enough essential nutrients.

2. Which nutrient deficiency causes rickets?

- A) Vitamin C
B) Iron
C) Vitamin D
D) Vitamin A

Solution: C

Explanation: Lack of Vitamin D causes bones to become weak and soft, leading to rickets.

3. What does scurvy result from?

- A) Lack of iron
B) Lack of vitamin C
C) Lack of vitamin D
D) Lack of calcium

Solution: B

Explanation: Scurvy is caused by Vitamin C deficiency.

4. What is a symptom of night blindness?

- A) Sore gums
B) Weak bones
C) Trouble seeing in the dark
D) Tiredness

Solution: C

Explanation: Night blindness makes it difficult to see in dim light or at night.

5. Which deficiency causes anemia?

- A) Vitamin A
B) Calcium
C) Iron
D) Vitamin C

Solution: C

Explanation: Iron deficiency lowers hemoglobin in blood and causes anemia.

6. What can help prevent the spread of germs when you're sick?

- A) Going to school
B) Avoiding close contact
C) Sharing food
D) Visiting friends

Solution: B

Explanation: Staying away from others prevents germs from passing on.

7. What does staying hydrated help with?

- A) Sleeping more
B) Keeping your body healthy
C) Feeling hungrier
D) Getting more exercise

Solution: B

Explanation: Water helps body functions and keeps the body healthy.

8. How should you handle things you touch a lot to prevent illness?

- A) Wash them regularly
B) Leave them alone
C) Use more paper
D) Ignore them

Solution: A

Explanation: Regular cleaning removes germs from daily use items.

9. What is similar to building a shield against germs?

- A) Eating unhealthy food
B) Preventing disease
C) Skipping exercise
D) Ignoring hygiene

Solution: B

Explanation: Disease prevention protects the body like a shield.

10. Why is it important to stay home when you're sick?

- A) To rest
B) To spread germs
C) To prevent others from getting sick
D) To find medicine

Solution: C

Explanation: Staying home avoids spreading germs to others.

ADVANCED LEVEL

More than One Answer Type

11. Which of the following can lead to rickets?

- A) Vitamin C
B) Vitamin A
C) Calcium
D) Phosphorus

Solution: C, D

Explanation: Rickets can occur due to a lack of Vitamin D, calcium, or phosphorus.

12. What nutrients are important to avoid scurvy?

- A) Vitamin C
B) Iron
C) Vitamin A
D) Vitamin C

Solution: A, D

Explanation: Vitamin C prevents scurvy; options A & D both state Vitamin C.

13. Which deficiency diseases are related to a lack of vitamin A?

- A) Night Blindness
B) Scurvy
C) Anemia
D) Rickets

Solution: A

Explanation: Vitamin A deficiency causes night blindness.

14. Which methods can help prevent disease?

- A) Washing your hands
 B) Eating junk food
 C) Getting vaccinated
 D) Regular exercise

Solution: A, C, D**Explanation:** Cleanliness, vaccines, and exercise prevent diseases; junk food does not.**15. What should you do to help your body stay healthy?**

- A) Eat healthy foods
 B) Avoid drinking water
 C) Stay hydrated
 D) Stay in a dirty environment

Solution: A, C**Explanation:** Healthy food + enough water = healthy body.**Fill In the Blanks****16. Rickets occurs when your body doesn't get enough vitamin D, calcium, or phosphorus.****Solution:** Rickets**17. Scurvy happens if you don't get enough Vitamin C, which helps keep your gums, skin, and teeth healthy.****Solution:** Scurvy**Matching Type****18. Match the following:****Column A**

1. Rickets
2. Scurvy
3. Night Blindness
4. Anemia

Column B

- A. Lack of vitamin C
- B. Lack of iron
- C. Lack of vitamin A
- D. Lack of vitamin D, calcium, or phosphorus

Solution: 1-D, 2-A, 3-C, 4-B**Answer the Following Questions****19. Explain Night Blindness and Anemia.****Solution:**

* Night Blindness: A condition where a person finds it difficult to see in dim light or at night. It is caused by Vitamin A deficiency.

* Anemia: A condition where the blood has low hemoglobin due to a lack of iron. It causes tiredness, weakness, and pale skin.

Explanation:

Both are deficiency diseases caused by lack of specific nutrients.

20. Explain 3 methods of prevention of diseases.**Solution:**

1. Hand Washing: Removes germs from hands and prevents infection.
2. Vaccination: Protects the body from serious communicable diseases.
3. Healthy Diet: Provides nutrients that prevent deficiency diseases and keeps the body strong.

Explanation:

Prevention is better than cure; good habits stop diseases before they start.

LEARNERS TASK**CONCEPTUAL UNDERSTANDING QUESTIONS (CUQ's)****Multiple Choice Questions****1. What can prevent deficiency diseases?**

- | | |
|------------------------|---------------------------|
| A) Eating junk food | B) Eating a balanced diet |
| C) Avoiding vegetables | D) Skipping meals |

Solution: B**Explanation:** A balanced diet gives all nutrients needed for good health.**2. What nutrient helps keep gums, skin, and teeth healthy?**

- | | | | |
|--------------|--------------|------------|---------|
| A) Vitamin A | B) Vitamin C | C) Calcium | D) Iron |
|--------------|--------------|------------|---------|

Solution: B**Explanation:** Vitamin C maintains healthy gums, skin, and teeth.**3. What happens to bones when you don't get enough vitamin D?**

- | | |
|-----------------------|------------------------------|
| A) They become strong | B) They become weak and soft |
| C) They grow faster | D) They turn red |

Solution: B**Explanation:** Vitamin D deficiency leads to weak and soft bones.**4. Which deficiency can lead to tiredness and weakness?**

- | | | | |
|--------------|--------------|---------|------------|
| A) Vitamin C | B) Vitamin A | C) Iron | D) Calcium |
|--------------|--------------|---------|------------|

Solution: C**Explanation:** Iron deficiency causes anemia, which results in weakness.**5. What does a balanced diet provide?**

- | | |
|--------------------------|------------------|
| A) Empty calories | B) Excess sugar |
| C) Vitamins and minerals | D) Only proteins |

Solution: C**Explanation:** A balanced diet includes all nutrients like vitamins and minerals.**6. What is one of the best ways to prevent diseases?**

- | | |
|--------------------|-----------------------|
| A) Taking vitamins | B) Washing your hands |
| C) Drinking tea | D) Wearing gloves |

Solution: B**Explanation:** Hand washing removes germs and prevents infection.**7. What do vaccines help your immune system do?**

- | | | | |
|---------|---------------|--------------------|-------------|
| A) Rest | B) Eat better | C) Fight off germs | D) Exercise |
|---------|---------------|--------------------|-------------|

Solution: C

Explanation: Vaccines train the immune system to fight germs.

8. What should you eat to help keep your body strong?

- A) Candy
B) Junk food
C) Fruits and vegetables
D) Soda

Solution: C

Explanation: They provide nutrients needed for good health.

9. What does regular exercise do for your body?

- A) Slows you down
B) Keeps you in shape
C) Makes you tired
D) Reduces hunger

Solution: B

Explanation: Exercise helps build strength and fitness.

10. What should you do to keep your environment clean?

- A) Ignore it
B) Regularly wash things you touch
C) Change your clothes
D) Use more paper

Solution: B

Explanation: Cleaning surfaces prevents germ spread.

Advanced Level

More than One Answer Type

11. What can cause anemia?

- A) Iron
B) Vitamin C
C) Calcium
D) Phosphorus

Solution: A

Explanation: Iron is needed to make hemoglobin; lack of it causes anemia.

12. Which of the following can help prevent deficiency diseases?

- A) Eating a balanced diet
B) Consuming more sugar
C) Eating a variety of healthy foods
D) Skipping meals

Solution: A, C

Explanation: Balanced and healthy diets give nutrients the body needs.

13. What are some symptoms of not getting enough vitamin C?

- A) Weak bones
B) Sore gums
C) Trouble seeing in the dark
D) Tiredness

Solution: B, D

Explanation: Scurvy causes sore gums and tiredness due to vitamin C deficiency.

14. What actions can help stop the spread of germs when you're sick?

- A) Staying home from school
B) Sharing personal items

C) Covering your mouth when you cough D) Keeping your environment clean

Solution: A, C, D

Explanation: These actions prevent passing germs to others.

15. Which of the following are ways to maintain a strong immune system?

A) Regular exercise

B) Eating a lot of candy

C) Washing your hands with soap

D) Drinking plenty of water

Solution: A, C, D

Explanation: These habits help the body fight infections.

Fill In the Blanks

16. Night blindness is caused by a deficiency in Vitamin A, which is important for your eyes and helps you see in the dark.

Solution: Night blindness

17. Anemia results from not getting enough Iron, which is needed to make red blood cells and carry oxygen.

Solution: Anemia

Matching Type

Column A

Column B

- | | |
|-----------------------|--|
| 1. Wash Your Hands | A. Encourages physical fitness. |
| 2. Get Vaccinated | B. Ensures nutrients to keep the body strong. |
| 3. Eat Healthy Foods | C. Helps the immune system fight off diseases. |
| 4. Exercise Regularly | D. Eliminates germs that might cause illness. |

Solution: 1-D, 2-C, 3-B, 4-A

Answer the Following Questions

18. Explain about Rickets and Scurvy

Solution:

* **Rickets:**

Rickets is a disease caused by a lack of Vitamin D, calcium, or phosphorus. It makes bones soft and weak, causing bowed legs and bone pain.

* **Scurvy:**

Scurvy is caused by Vitamin C deficiency. It leads to symptoms like bleeding gums, tiredness, weakness, and slow healing of wounds.

Explanation:

Rickets and scurvy are both deficiency diseases caused by lack of important nutrients.

EdOS