

National Institute of Open Schooling
Secondary Course: Home Science
Lesson 8 : Communicable and Lifestyle Diseases
Worksheet – 8

1. Selection of food in the diet plays an important role in building immunity. Write any two nutrients with their food sources that help to build immunity.
2. On 2nd October 2014, 'Swachh Bharat Mission' was launched in India as a national movement. Explain how this mission can be helpful in controlling the spread of communicable diseases.
3. There was a sudden onset of disease in village Kishenganj where the affected people complained of loose stools that look like rice water accompanied by cramps in legs and vomiting. Identify the disease with these symptoms. What measures should the villagers follow to prevent this disease in future?
4. Dengue and malaria causing mosquitoes breed on stagnant water. Give five suggestions to the President of Resident Welfare Association of your society that would help to prevent breeding of mosquitoes in your locality.
5. Virtual classrooms are a boon for students but they also pose a threat to their health. Give four reasons to support this statement.
6. Write five ways to develop healthy food habits in school going children.
7. Your friend prefers to play video games over outdoor sports. Guide him to the benefits of physical exercise.
8. How will you take care of a patient at home who is suffering from tetanus disease?
9. What are the four ways of transmission of HIV/AIDS?
10. COVID -19 is a communicable disease spread by coronavirus. Prepare a colourful poster showing protective measures to prevent the spread of this disease.

For the visually impaired learners-

Write five ways to prevent COVID 19 transmission.