

Class : 6

Subject : Biology

Chapter : 7 HEALTH AND HYGIENE cont .

SYNOPSIS

The next category of disease causing agent is HELMINTHS

IT includes flat worms and round worms. Flat worms have leaf like or ribbon like body.

For example Fasciola hepatica. Round worms like Ascaris, cause many disease in man like filariasis, Taeniasis and Ascariasis.

The next disease causing agent is FUNGUS. Fungi are non green plants and include l, puff ball and rusts. Fungi can thrive in dark moist places and most of them can tolerate temperature variation.

Some of the diseases caused by fungi are Ringworm and Athlete foot.

MODES OF TRANSMISSION OF DISEASES

- 1 Airborne diseases example are whooping cough, common cold, bronchitis, silicosis and allergy.
- 2 Water-borne diseases the examples of which are typhoid, cholera, jaundice polio and diarrhoea.
- 3 Food-borne diseases these cause food poisoning, dysentery and cholera.
- 4 Contact-borne diseases these are caused by coming in contact with infected persons. These include cold ,flu, mumps and measles.
- 5 Vector-borne diseases these are spread by flies. Mosquitoes, ticks and mites. The diseases are yellow fever ,dengue ,plague , malaria etc.

NON COMMUNICABLE DISEASES

There are five types of non communicable diseases

- 1 Deficiency diseases..... Beri-beri , Night blindness and Goitre.
- 2 Allergic diseases....Asthma, Eczema and Bronchitis.
- 3 Degenerative diseases.....Heart attack, Diabetes and Arthritis.
- 4 Social diseases.....Drug addiction, Alcoholism etc.
- 5 Inherited diseases.....Phenylketonuria, Albinism and Sickle- cell anaemia.

PREVENTION OF DISEASES

1 To follow Community or Public Hygiene : By maintaining the cleanliness of the surroundings and inculcating healthy habits in everyone.

2To prevent the spread of Communicable diseases by using mosquito repellent, to prevent the accumulation of garbage , vaccinating in proper time, maintaining proper sanitation and having clean drinking water.

3 To follow steps to prevent non communicable diseases by by taking healthy and wholesome food .

WORK SHEET

- Do the exercises on page 90 to 92
- A ,B ,D ,E , F ,G ,H and I.
- Study the chapter well.
- Study the table on page 82.