

Class-V

Subject: Science

Chapter-12

Cleanliness and Hygiene

Teacher: Nimrita.

Good Morning Children! This lesson is for Class-V, Subject - Science, Chapter-12, Cleanliness and Hygiene of your textbook New Trends in Science, Evergreen Publications. It is being submitted to you on 9th December, 2024. Today, we are going to discuss about Cleanliness of Surroundings and Diseases.

Cleanliness of Surroundings

- a) Cleanliness: The cleanliness and maintenance of all public places should be done. Utensils and bathroom equipments should be cleaned properly.
- b) Control of infectious diseases: It can be done by ensuring the supply of clean Potable water free from germs.
- c) Social machinery: It can be maintained through
 - i) By maintaining parks.
 - ii) Planting more trees
 - iii) By taking poultry out of city.

Diseases:

It means that the body is ^{not} at ease.

Diseases due to lack of personal hygiene:

It causes most of the skin diseases and allergic reactions in the body.

Diseases due to unclean surroundings:
Unclean environment is unfit for living and cause various infections

- a) Air borne infections: Unclean air has germs. These germs enter a new organism and cause diseases like cold etc.
- b) Water borne infections: Contaminated water contain pathogens. eg. Cholera, Typhoid etc are diseases caused due to water borne infections.
- c) Food borne infections: Roadside food cause major infections as the food is not hygienic. eg. Nausea, Cholera.
- d) Diseases spread through insects: Many insects like Cockroach, ants carry microbes on their body and cause infection. if they come in contact with food.

Class-VSubject: ScienceChapter 12Cleanlinessand Hygiene.Teacher: Nimrita.Steps to Avoid Infections:-

- Avoid eating food from roadside hawkers.
- Drink clean water.
- Keep your place neat and clean.
- Latrines should be covered.

With this, I am ending today's topic. Kindly do worksheet-2 in your book.
Thank you.

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