

Tender Heart High School, Chandigarh
Class-V Subject: Science
Chapter-3 Food and Health.

Good Morning students!

This lesson is of Class-V for the subject of Science, Chapter-3 Food and Health. It is being submitted to you on 13th May, 2024. In the last lesson, we studied about components of food. Today, we will study about diseases.

Diseases:-

Disease is a abnormal condition in which body does not work properly.

Diseases due to consumption of junk food:-

- 1) Obesity: Junk food and lack of exercise lead to obesity.
- 2) Anaemia:- It is caused due to deficiency of iron in blood.
- 3) Diabetes:- Excess sugar intake can lead to diabetes.
- 4) Blood pressure:- It may occur due to lack of exercise in our body.

Communicable diseases:-

These diseases spread from one person to another.

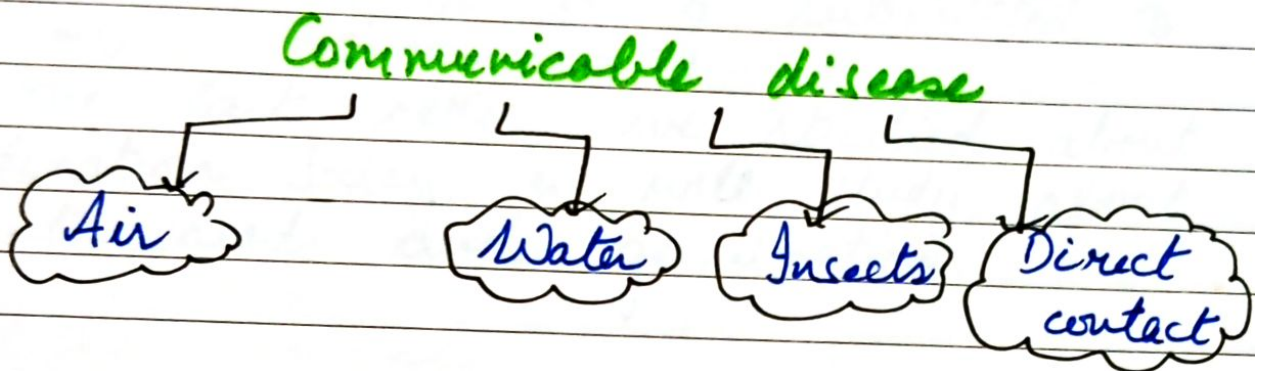
Class-V
1-3

Teacher: Nimita

Food and Health
Subject: Science

Germ: The microorganisms that cause diseases are called as germs.

Spread of Communicable disease



Prevention of Communicable diseases:-

a) Care of patient:-

Room and articles of patient should be kept clean.

b) Fresh air should be allowed in room. Fresh air and sunlight are natural disinfectants.

c) Use clean drinking water. Boiled water should be used.

d) Maintain good hygiene and get vaccinated. Wash hands frequently and bathe daily.

I am ending today's topic. Kindly do worksheet in book.

Thank you!

Last page