

Answers

Theme 2: Why Do Disasters Happen?

Lesson-4: Communicable and Non-communicable Diseases

Main Coursebook

Re-KAP

Kinaesthetic:

Accept all relevant responses.

Auditory:

- Communicable diseases can spread from humans to humans or from animals to humans.
- Non-communicable diseases cannot be transmitted from one person to another.

Pictorial:



H



S



S



H

Interacting better:

Accept all relevant responses.

Understanding better: (Page 29)

- True
- True

Learning better:

- A. 1. b 2. c 3. a
 4. a 5. a
- B. 1. False 2. True 3. False
 4. False 5. True
- C. 1. A disease is a condition in which our body is not able to function properly.
 2. Communicable disease
 3. Night blindness and Scurvy (Accept all relevant responses).
- D. 1. Communicable diseases - Diseases which are transmitted from one person to another and are also called infectious or transmissible diseases. These are caused by germs or microbes, such as bacteria, fungi, viruses and protozoa. For example, cold, polio, malaria, etc.
 Non-communicable diseases - Diseases which are not transmitted from one person to

another. They are also known as chronic diseases. This is so because such diseases progress slowly and affect the patient for a longer duration. For example, night blindness, anaemia, beriberi, etc.

- To stay safe from communicable diseases, we can follow these simple steps:
 - Wash Your Hands:** Always wash your hands with soap and water, especially before eating, after using the bathroom or after touching things that might be dirty. This helps remove germs that can make you sick.
 - Cover Your Coughs and Sneezes:** If you cough or sneeze, cover your mouth and nose with a tissue, handkerchief or the inside of your elbow. This keeps germs from spreading to others.
 - Stay Away from Sick People:** If someone is sick with a cold, the flu or another disease, try to stay away from them so you don't catch it. If you're sick, stay home so you don't spread it to others.
 - Clean Your Stuff:** Regularly clean things you touch a lot, like your toys, your desk, or your phone. Germs can live on surfaces and make you sick if you touch them and then touch your face.
 - Vaccinations:** Some diseases can be prevented with vaccines. Getting vaccinated helps protect you and others from serious illnesses. Ask your parents or doctor if you are up to date with your vaccines!
 - Eat Healthy and Stay Active:** Eating healthy food and exercising can make your body strong and help it fight off germs.

Creating better:

Accept all relevant responses.

Thinking better:

Yes, someone can have multiple vitamin deficiencies. Vitamins are important nutrients that our body needs to stay healthy and if we don't get enough of them, we can become deficient.

There are several reasons why someone might have more than one vitamin deficiency:

- Not eating enough healthy foods: If a person doesn't eat enough fruits, vegetables and other nutritious foods, they may not get enough of several vitamins.
- Poor absorption: Sometimes, the body can't absorb vitamins properly. This can happen if a person has certain health problems, like digestive

issues, which make it hard for the body to take in the vitamins from food.

3. Special diets: People on strict diets or those who don't eat a variety of foods may not get all the vitamins they need, which can lead to multiple deficiencies.

(Accept all relevant responses)

Choosing better:

2. He should keep his surroundings clean.

Students' Worksheets

Worksheet 1

- A. 1. function
2. Deficiency
3. non-communicable
4. Non-communicable
5. Communicable
- B. 1. False 2. False 3. True
4. False 5. True
- C. 1. → b 2. → c 3. → d
4. → e 5. → a

Worksheet 2

- A. 1. Non-communicable
2. Vitamin A
3. Beriberi
4. Vitamin C
5. Rickets
- B. 1. COMMUNICABLE
2. NON-COMMUNICABLE
3. DEFICIENCY
4. CHRONIC
5. INFECTIOUS
- C. 3

Worksheet 3

- A. 1. A communicable disease is the one that is transmitted from one person to another.
2. A non-communicable disease is the one that is not passed from one person to another.

3. Cholera, jaundice and typhoid.

4. It is a process in which milk is heated at an elevated temperature and then cooled down rapidly. This process is used to kill the bacteria present in milk.

5. It is a method to protect our body by providing immunity against diseases.

- B. 1. Non-communicable diseases are also called chronic diseases.
2. Scurvy is caused by deficiency of Vitamin C.
3. Common cold spreads through direct contact.
4. Dengue is caused by a virus.
5. AIDS is an immunity disorder caused by HIV virus.
- C. 1. False 2. True 3. False
4. False 5. False

Book of Holistic Teaching

Developing better:

A. English

1. Some healthy chicks hatch out of eggs.
2. Uncle Dursley wears a black patch on the injured eye.

B. Maths

The factors of 100 are: 1, 2, 4, 5, 10, 20, 25, 50 and 100.

C. Social Studies

Floods occur when water overflows its natural or artificial banks, inundating the surrounding land. They can be caused by heavy rainfall, rapidly melting snow or overflowing rivers or lakes. In India, floods are a recurring phenomenon, particularly affecting regions with high rainfall and river systems.

Some of the regions in India that are most prone to floods include:

Assam, Bihar, Uttar Pradesh, West Bengal, Kerala, Karnataka, Andhra Pradesh and Odisha.

Book of Project Ideas

Making better:

Accept all relevant responses.

Answers

Theme 2: Why Do Disasters Happen?

Lesson-3: Our Houses

Main Coursebook

Re-KAP

Kinaesthetic:

Accept all relevant responses.

Auditory:

1. A house gives us warmth, protection and a place to rest.
2. The main parts of a house are walls, roofs, doors, windows and floor. Walls help hold the house up and keep things private. Roofs protect us from the weather, doors and windows let in light and fresh air, and floors give us a strong place to walk.

Pictorial:



P



K



K

Interacting better:

Accept all relevant responses.

Understanding better: (Page 23)

1. Yes
2. No

Learning better:

- A. 1. b 2. b 3. c
4. c 5. b
- B. 1. True 2. False 3. False
4. True 5. False
- C. 1. Houses that have flat roofs and thick walls are found in places with hot climates.
2. Komal's grandparents house is built that way to keep their house safe from floods and heavy rainfalls.
3. Concrete, glass and iron.
- D. 1. Kuccha house - Houses which are made of mud, straws, bamboo and palm leaves are known as kuccha houses. These are usually found in remote areas and villages.
Pucca house - Houses which are

constructed using materials such as bricks, concrete, cement and other building materials are known as pucca houses. Pucca houses are mostly found in towns and cities.

2. The regions that experience heavy rainfall have houses that are usually built on stilts and have sloping roofs. Houses in such places are built above ground level so that these houses are safe from floods and heavy rainfall. This elevation helps to keep the living space dry and safe, preventing water damage to property and possessions. It also prevents structural damage over time. For example, Mawsynram in Meghalaya and Mahabaleshwar in Maharashtra.

Creating better:

Accept all relevant responses.

Thinking better:

| Advantages | |
|---|--|
| Kuccha House | Pucca House |
| 1. It doesn't need heavy tools or machines to build. | 1. It requires heavy tools or machines to build. |
| 2. These remain cooler in hot weather due to materials used such as mud helps to keep the house cool. | 2. These houses are hot during summers and cool during winters. We need to use electrical gadgets to feel comfortable with changing weather. |
| 3. It uses natural materials that are good for the environment. | 3. Pucca houses are made with strong materials like bricks, cement, etc. |
| Disadvantages | |
| Kuccha House | Pucca House |
| 1. Kuccha house may get easily damaged in storms or heavy rains. | 1. Pucca house can withstand heavy rains and storms. |
| 2. Kuccha house often requires repairing. | 2. Pucca houses cost a lot more money because the materials and labour are expensive. |

Choosing better:

2. They should use the lemons to make lemonade.

Students' Worksheets

Worksheet 1

- A. 1. hot 2. thick 3. Stilts
4. stilts 5. ground
- B. 1. False 2. True 3. False
4. True 5. True
- C. 1. → b 2. → a 3. → d 4. → c 5. → e

Worksheet 2

- A. 1. stones 2. hilly
3. earthquakes 4. *Kuccha*
5. Huts
- B. 1. FLAT ROOFS 2. DAMP CLIMATE
3. SLOPING ROOF 4. RAINFALL
5. FIREPLACE
- C. 1. C 2. I 3. C 4. C 5. I

Worksheet 3

- A. 1. Flat roof 2. Thick walls
3. Sloping roof 4. Fireplace
5. Brick
- B. needs, drainage, sunlight, well-plastered
- C. 1. BRICKS 2. STONES 3. BAMBOO
4. WOOD 5. PALM LEAVES

Book of Holistic Teaching

Developing better:

A. English

1. Sheela's house is built with love and happiness.
2. A troop of monkeys is sitting on the top of the building.

B. Maths

The prime factors of 24 are 2 and 3.

C. Social Studies

An earthquake occurs when the tectonic plates, which are giant slabs of the Earth's topmost layer, clash with one another. Most earthquakes are too minor and cannot even be felt.

Book of Project Ideas

Making better:

Accept all relevant responses.