

**CBSE Test Paper 04**  
**Chapter 13 Why do we fall ill**

---

1. Which one of the following disease is not caused by bacteria? **(1)**
  - a. Typhoid
  - b. Anthrax
  - c. Tuberculosis
  - d. Malaria
2. When a diseases lasts for a long time and damages some part of the body, it is called a/an **(1)**
  - a. communicable disease
  - b. acute disease
  - c. chronic disease
  - d. non-communicable disease
3. Which of the following can make you ill if you come in contact with an infected person ? **(1)**
  - a. Genetic abnormalities
  - b. Sneezing
  - c. High blood pressure
  - d. Blood cancer
4. Match the following with correct response: **(1)**

(1) Air-borne disease	(A) Gonorrhoea
(2) Water borne disease	(B) Cholera
(3) Carriers	(C) Pneumonia
(4) Physical contact	(D) Rabies

- a. 1-B, 2-D, 3-A, 4-C
  - b. 1-D, 2-A, 3-C, 4-B
  - c. 1-C, 2-B, 3-D, 4-A
  - d. 1-A, 2-C, 3-B, 4-D
5. Health is a state of: **(1)**
    - A. Physical well-being

- B. Social well-being
- C. Economic well-being
- D. Mental well-being

- a. B and C
- b. A and C
- c. A, B and D
- d. All of these

6. What is a balanced diet? **(1)**
7. What is the function of haemoglobin? **(1)**
8. If a pregnant mother is suffering from AIDS, would her child get the disease via genes or placenta? **(1)**
9. What is peptic ulcer? **(1)**
10. Who were awarded Nobel Prize for discovery of treatment for peptic ulcers? **(1)**
11. Smita came to school one day with running nose, reddish and watery eyes and coughed often. She met Arushi in the morning assembly who advised her to sit on a separate desk in the classroom till she recovers. **(3)**
  - i. Name the disease from which Smita is suffering from?
  - ii. Enlist any two preventive measures.
  - iii. What is your view point on the Arushi's advice?
12. Define non-infectious disease ? **(3)**
13. In which of the following case do you think the long-term effects on your health are likely to be most unpleasant? **(3)**
  - If you get jaundice,
  - If you get lice,
  - If you get acne. Why?
14. Name such a vaccine which saves the life of babies from three diseases. **(3)**
15. Discuss the causes, symptoms, preventive measures and treatment of AIDS. **(5)**

**CBSE Test Paper 04**  
**Chapter 13 Why do we fall ill**

---

**Answers**

1. d. Malaria

**Explanation:** Typhoid, cholera, tuberculosis, anthrax are caused by Bacteria. Malaria is a very common disease in human beings, which is caused by a protozoan parasite.

2. c. chronic disease

**Explanation:** A disease which lasts for many years is called chronic disease. Some of the chronic diseases may last for the entire life. A chronic disease often results in debility. Example: arthritis, tuberculosis, diabetes, hypertension, etc.

3. b. Sneezing

**Explanation:** Air-borne diseases occur through the little droplets thrown out by an infected person who sneezes or coughs.

4. c. 1-C, 2-B, 3-D, 4-A

**Explanation:** Pneumonia is an air-borne disease; it spreads through the air and targets the lungs. Cholera is a water-borne disease. Rabies spreads through animal bite. Gonorrhoea is a sexually transmitted bacterial infection; it spreads through sexual contact.

(1) Air-borne disease	(C) Pneumonia
(2) Water borne disease	(B) Cholera
(3) Carriers	(D) Rabies
(4) Physical contact	(A) Gonorrhoea

5. c. A, B and D

**Explanation:** **Health** is a state of being well enough to function well physically, mentally and socially.

6. A balanced diet is a way of eating all of the right nutrients that your body needs in order to be healthy.
7. Transport of oxygen from lungs to all cells of the body through blood.

8. If a pregnant mother is suffering from AIDS, her child would get the disease via Placenta. If a woman is infected with HIV/AIDS during pregnancy, her risk of transmitting the virus to her baby is reduced if she stays as healthy as possible. AIDS is not a genetic disease.
9. Peptic ulcer is a disease in which patient is suffering from acidity related pain and bleeding in the stomach and duodenum, due to stressful life style.
10. In 2005, the Karolinska Institute in Stockholm awarded the Nobel Prize in Physiology or Medicine to Marshall and Robin Warren, his long-time collaborator, "for their discovery of the bacterium *Helicobacter pylori* and its role in gastritis and peptic ulcer disease".
11.
  - i. Cold.
  - ii.
    - a. Isolation of patient.
    - b. Personal hygiene.
  - iii. Arushi's advice was helping, caring and she was aware of disease.
12. Noninfectious disease is the one which is produced by a factor other than living organism and is capable of spreading from one person to another. A non-infectious disease may happen because of a wrong lifestyle. Example: diabetes, hypertension, heart disease, arthritis, hemophilia, etc.
13. If I get lice and acne, it will not have long-term effect on my body. But if I get jaundice, it will result in drastic long-term effects. Its symptoms include high temperature, headache, joint pains, loss of appetite nausea and vomiting. Moreover, I may even get irritating rashes. This may result in general poor health for some days which will require complete bed rest for recovery.
14. D.P.T. is a vaccine which is three-in-one. Babies should be immunised within the first six weeks of birth D = Diphtheria, P = Pertussis (whooping cough), T = Tetanus.
15. AIDS is caused by a retrovirus, HIV known as Human Immunodeficiency Virus. It is transmitted from an infected to a healthy person through either of following causes:
  - i. Sexual contact.
  - ii. Blood transfusion.

- iii. Use of infected needle or blade.
- iv. It may get transmitted from an infected mother to her foetus also.

**Symptoms :** The person suffering from AIDS has following symptoms:

- i. Inflammation in lymph glands.
- ii. Loss of weight and sweating during the night.
- iii. Bleeding and fever.
- iv. Severe damage to the brain which may even lead to loss of memory. In some cases, the person may cease to speak and even think.
- v. Above all, the possibility of other diseases also increases because of the damage caused to the immune system.

**Prevention:** There is no treatment of this disease so far. The safety is the only way. There are followings ways to prevent from AIDS:

- i. By avoiding sexual contact with unknown persons.
- ii. By using sterilised needles, blades, etc.
- iii. By prohibiting the use of already used syringes.
- iv. By ensuring that the blood to be transfused is free from HIV.