

CBSE Test Paper 01
Chapter 13 Why do fall ill

1. Which one of the following is deficiency disease? **(1)**

- a. Goitre
- b. Tetanus
- c. Diabetes
- d. Malaria

2. Most of the skin infections are caused by _____ **(1)**

- a. fungi
- b. bacteria
- c. viruses
- d. insect bites

3. Match the following with the correct response: **(1)**

| | |
|-------------------------|-----------------------|
| (1) Vector | (A) Viral disease |
| (2) Rabies | (B) AIDS |
| (3) Long lasting effect | (C) Cigarette smoking |
| (4) HIV | (D) Female Anopheles |

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

4. AIDS can be transmitted through: **(1)**

- a. Pregnant mother to foetus
- b. Blood transfusion
- c. Sexual contact
- d. All of these

5. A child who has had an infection of chicken pox or measles, does not suffer from the disease for the second time, because **(1)**
 - a. the boy is advised to take vitamin tables daily after the disease
 - b. the body has developed immense strength to fight the infection
 - c. the immune system keeps a memory of the specific disease and responds by killing the infectious agent
 - d. the child is given clean and nutritious food after the disease
6. When was the pulse Polio Immunization Programme launched in India? **(1)**
7. What type of disease can be prevented through vaccination? **(1)**
8. Define reservoir. **(1)**
9. Define immunity. **(1)**
10. Name the most common method to prevent infection. **(1)**
11. Why do children need vaccination? **(3)**
12. Describe degenerative diseases. **(3)**
13. What are the sources of iodine? What are the prevention and control methods of goitre? **(3)**
14. Why is vaccination considered a prevention of diseases? **(3)**
15. What are the means of spread of diseases? **(5)**

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Answers

1. a. Goitre

Explanation: Goitre (swelling in the neck resulting from an enlarged thyroid gland) is a deficiency disease, caused by the deficiency of iodine. Diabetes is a group of metabolic disorders in which a person has high blood sugar levels over a prolonged period. Malaria is a mosquito-borne infectious disease. Tetanus is an infection caused by Clostridium tetani.

2. a. fungi

Explanation: Diseases caused by fungi are called mycoses. Fungal skin infections are caused by different types of fungi and can be a common culprit of itchy skin.

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

Explanation: Animals that carry infecting agents from a sick person to another potential host are called vectors. The most common vectors are mosquitoes. Female Anopheles mosquito is a vector of plasmodium that causes malaria. Rabies is a viral disease that causes inflammation of the brain in humans and other mammals. Cigarette smoking has long lasting effects. A virus (HIV) causes AIDS (Acquired Immuno-Deficiency Syndrome).

| | |
|-------------------------|-----------------------|
| (1) Vector | (D) Female Anopheles |
| (2) Rabies | (A) Viral disease |
| (3) Long lasting effect | (C) Cigarette smoking |
| (4) HIV | (B) AIDS |

4. d. All of these

Explanation: AIDS can be transmitted through sexual contact from one partner to another. It can also be transmitted through blood to blood contact with infected people or from an infected person to a healthy person through blood transfusion or from an infected mother to her baby during pregnancy or

through breast-feeding. It is not transmitted through casual physical contact like handshake or hug.

5. c. the immune system keeps a memory of the specific disease and responds by killing the infectious agent

Explanation: Chickenpox, also known as varicella, is a highly contagious disease caused by the initial infection with varicella zoster virus (VZV). The disease results in a characteristic skin rash that forms small, itchy blisters, which eventually scab over. A child who has had an infection of chicken pox or measles, does not suffer from the disease for the second time, because of the immune system keeps a memory of the specific disease and responds by killing the infectious agent, in the second exposure

6. The pulse Polio Immunization Programme was launched in India in 1995–1996.
7. Protection against diseases like smallpox, rabies, polio, diphtheria, chickenpox and hepatitis is provided through vaccination. It has been possible to eradicate smallpox from all regions of the world through a massive vaccination programme.
8. A reservoir is defined as any person or animal, arthropod, plant, soil or substance in which an infectious agent lives and multiplies for its primary survival.
9. The capability of the body to fight against infection owing to the presence of specific antibodies is called immunity.
10. Vaccination is the most common method to prevent infection.
11. The children are more susceptible to disease, hence are given vaccines to develop immunity against some diseases.
12. Degenerative diseases are caused due to malfunctioning of body organs or degeneration of tissues in old age. It is a type of non-communicable disease. Example: Kidney failure is due to improper functioning of kidneys, cancer is due to uncontrolled growth of tissues in any part of the body, etc.
13. **Sources of iodine:** The best sources of iodine are seafood and cod liver oil. A smaller amount of iodine occurs in milk, leafy vegetables, cereals and meat, etc. Iodized salt

contains a sufficient amount of iodine. Our body needs iodine to make thyroid hormones. These hormones control the metabolism and many other important functions. Our body needs thyroid hormones for proper bone and brain development during pregnancy and infancy.

Prevention and control of goitre: Goitre is caused by deficiency of iodine in our body. It can be prevented by providing iodine in the diet in the form of iodised salts, such as potassium iodate and potassium iodide. These can be added in drinking water or in common salt used daily. Intra-muscular injection of iodised oil or sodium iodide tablets developed by Indian Council of Medical Research is quite effective in curing goitre.

14. Vaccines induce a specific immune response in the body. This response also produce memory cells which persist in the body even in the absence of pathogen. If the pathogen attacks the body again, the immune system with the help of memory cells recognise it and destroy it before it causes the disease.
15. Diseases spread through –
 - i. Air – When an infected person sneezes or coughs or spits, a healthy person standing nearby can inhale these droplets, causing infection in that person.
 - ii. By water – Some diseases can spread from one person to another when a sick person's stools gets into water. The people drinking the infected water thus get the disease.
 - iii. By physical contact – Some of the diseases like AIDS, syphilis and gonorrhea spread by sexual contact. These diseases are not transmitted by casual physical contact like handshakes, hug's, sports like wrestling and other ways in which we touch other socially.