CBSE Test Paper 05

Chapter 13 Why Do We Fall ill

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

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

   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

2. Which of the following is non-communicable disease ? **(1)**

   a. Diarrhoea
   b. Tuberculosis
   c. Allergy
   d. Malaria

3. Iron is present in**: (1)**

   a. Thyroxin
   b. Melanin
   c. Adrenalin
   d. Myoglobin

4. Which of the following diseases is/are non-communicable? **(1)**

   a. Allergy
   b. Diarrhoea
   c. Malaria
   d. Tuberculosis

5. Vitamin K helps in: **(1)**
    a. Blood coagulation
    b. Synthesis of albumin
    c. Increasing acidity
    d. Glycogenesis
6. What is immunisation? **(1)**
7. Give one example each of diseases caused by bacteria and virus. **(1)**
8. Name a sexually transmitted disease by bacteria. **(1)**
9. Name the toxin released by tuberculosis bacteria. **(1)**
10. Name the personal issues involved in health. **(1)**
11. What is the difference between being ‘healthy’ and ‘disease-free’? **(3)**
12. Becoming exposed to or infected with an infectious microbe does not necessarily mean developing noticeable disease. Explain. **(3)**
13. Why are we normally advised to take bland and nourishing food when we are sick? **(3)**
14. Give an example where tissue specificity of the infection leads to very general seeming effects. **(3)**
15. Discuss types of anaemia with their symptoms. **(5)**

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Answers

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

   Explanation: Matched responses are as follows:

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

   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.

2. c. Allergy

   Explanation: Non-communicable diseases are not caused by any infectious agent. They are restricted only to those persons who are suffering from them. So, Allergy is a non-communicable diseases.

3. d. Myoglobin

   Explanation: Iron is present in Myoglobin muscles fibers. Myoglobin (symbol Mb or MB) is an iron- and oxygen-binding protein found in the muscle tissue of vertebrates in general and in almost all mammals. Myoglobin muscles help in contraction and relaxation of muscles for movement.

4. a. Allergy

   Explanation: The disease that cannot be transmitted from an infected individual to a healthy individual is called a non-communicable disease. Allergy is non-communicable.

   Communicable diseases can be communicated i.e. they move from an infected person to someone else. Malaria, diarrhoea and tuberculosis (TB) are

communicable diseases.

5. a. Blood coagulation
   Explanation: Vitamin K helps in blood coagulation. During an injury, loss of blood can be prevented through the clotting of blood. The German-speaking scientists who isolated and described vitamin K (in addition to naming it as such) did so because the vitamin is intimately involved in the coagulation of blood following wounding (from the German word - Koagulation).

6. Development of immunity or resistance against a pathogen through vaccination is called immunisation.

7. Typhoid and polio respectively.

8. Syphilis, Gonnorhoea are bacterial sexually transmitted diseases.

9. Tuberculin

10. Proper balanced food, personal hygiene, timely vaccinations and personal protection from pests and vectors.

11.

Healthy Person	**Disease-Free person**
Healthy person is physically, mentally and socially well.	Disease free person is free from diseases.
It refers to the individual and social environment.	It refers only to the individual.
The individual has good health.	The individual may have good health or poor health.

12. Because of strong immune system, our body is normally fighting off microbes. We have cells which are specialised to kill the pathogenic microbes. These cells are active when infecting microbes enter the body and if they are successful in removing the pathogen, we remain disease-free. So even if we are exposed to infectious microbes, it is not necessary that we suffer from diseases.

13. The immunity of the body decreases during disease or infection. Therefore, bland or easily digested food is eaten and nourishing food helps in strengthening the immune system and regeneration of cells and tissues.

14. We can see the tissue specificity of the infection leading to very general seeming effects in case of HIV infection. The HIV attacks the immune system via the lymph nodes. From here it spreads all over the body and damages its functions. Because of this, the body becomes prone to various diseases and it can not fight even the minor infections, as immune system remains no longer active as before.
    For example, even a small cold can become pneumonia and a minor gut infection may lead to a severe case of diarrhea with blood loss. Also, a minor cut takes much longer duration to get healed. In the same way, other infections kill people that are suffering from HIV-AIDS.

15. Iron deficiency results in anaemia. Nutritional anaemia is a disease syndrome caused by malnutrition. It is of two types:
    i. Microcytic anaemia
    ii. Pernicious anaemia
    Microcytic anaemia: It occurs due to deficiency of iron in human diet.
    Symptoms:

    An anaemic person

    i. becomes pale, weak and tired.
    ii. loses appetite.
    iii. loses body weight.

    Pernicious anaemia: It is caused due to deficiency of vitamin B_{12}.

    Symptoms: Patient becomes paler, shortness of breath after slight exertion, loss of weight, weakness, etc. It may be fatal.