

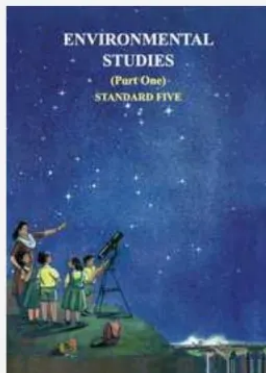
Maharashtra Board Solutions Class

5-Environmental Studies (Part 1): Chapter 25-

Community Health and Hygiene

BOOK SOLUTIONS
CLASS 5
ENVIRONMENTAL STUDIES (PART 1)

CHAPTER 25
Community Health and Hygiene



Maharashtra Board Solutions→

For any clarifications or questions you can write to info@indcareer.com

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Maharashtra Board Solutions Class

5-Environmental Studies (Part 1): Chapter 25-

Community Health and Hygiene

Class 5: Environmental Studies Chapter 25 solutions. Complete Class 5 Environmental Studies Chapter 25 Notes.

Maharashtra Board Solutions Class 5-Environmental Studies (Part 1): Chapter 25- Community Health and Hygiene

Maharashtra Board 5th Environmental Studies Chapter 25, Class 5 Environmental Studies Chapter 25 solutions

Questions and Answers

1. Fill in the blank.

Question a.

A healthy and wholesome life leads to feelings of

Answer:

A healthy and wholesome life leads to a feeling of friendship.

Question b.

Constant presence of tobacco in the digestive organs can lead to cancer of

Answer:

Constant presence of tobacco in the digestive organs can lead to cancer of (any) digestive organs.

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Question c.

..... leads to diseases of the liver, intestines and urinary bladder

Answer:

Alcoholism leads to diseases of the liver, intestines and urinary bladder

Question d.

The most important factor in the country's progress and development are its

Answer:

The most important factor in the country's progress and development are its people.

Question e.

Good community can be achieved through habits of hygiene and good health.

Answer:

Good community health and hygiene can be achieved through habits of hygiene and good health.

2. True or false? Correct the wrong statement.

Question a.

Pollution, squalor, epidemics, addictions, and insect-borne diseases are all beneficial for community health.

1. True

2. False

Answer:

Pollution, squalor, epidemics, addictions and insect-borne diseases are all threats to the community

Question b.

There is a ban on spitting in public places.

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1. True
2. False

Answer:

1. True.

Question c.

A nutritious diet, personal hygiene, exercise and pursuit of hobbies lead to excellent health.

1. True
2. False

Answer:

1. True

Question d.

We cannot live a wholesome life if we take care of our health.

1. True
2. False

Answer:

We can live a wholesome life if we take care of our health

3. Answer the following question.

Question a.

How can you achieve excellent health?

Answer:

Nutritious food. personal cleanliness. exercise and pursuit of hobbies leads to achievement of excellent health.

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Question b.

What factors are a threat to community health?

Answer:

Pollution, squalor, epidemics of infectious diseases. addiction, insect-borne diseases, malnutrition are the factors that cause a threat to community health.

Question c.

What are the ill effects of chewing tobacco?

Answer:

1. If tobacco is consumed, there are ulcers in the mouth. Ulcers develop into bigger wounds and they are later turned into tumours.
2. Oral cancer, i.e. cancer of the mouth may be formed.
3. Tobacco entering into the digestive system cause cancer of any of the digestive organs. It also leads to various complaints of the digestive system.
4. A person with cancer has to undergo painful treatment. It can lead to death.

Question d.

What are the ill effects of alcoholism?

Answer:

1. Alcohol acts on the brain of a person. Person becomes drowsy and confused.
2. Alcohol makes a person lose control over one's actions.
3. Alcohol causes diseases of the liver, intestines and kidney, and urinary bladder.

Use your brain power

Question 1.

What bad habits will you guard against while trying to achieve your aim or interest in life?

Answer:

Do it yourself

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Activity :

Question 1.

Write and present a short play on preventing addictions in society.

Additional Important Questions and Answers

Fill in the blank with the correct answers from the option given below:

Question 1.

Pollution, squalor, epidemics of infectious diseases and insect borne diseases, addictions are all to community health.

- (a) encouragement
- (b) threats
- (c) addictions

Answer:

- (b) threats

Question 2.

It is a offence to spit in public places.

- (a) legal
- (b) illegal
- (c) criminal

Answer:

- (a) legal

Question 3.

If we take care of our health it is possible to lead a life.

- (a) happy

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(b) wholesome

(c) comfortable

Answer:

(a) happy

Question 4.

Cigarettes, bidis, masheris are products.

(a) factory

(b) modern

(c) tobacco

Answer:

(c) tobacco

Question 5.

An entire family is destroyed due to of alcohol.

(a) addiction

(b) consumption

(c) solution

Answer:

(a) addiction

Question 6.

Addiction of tobacco can cause diseases like

(a) tuberculosis

(b) cancer

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(c) malaria

Answer:

(b) cancer

Question 7.

We must make to ensure good health for all.

(a) efforts

(b) pollution

(c) ugliness

Answer:

(a) efforts

Question 8.

To nurture community health is to the general public from disease.

(a) avoid

(b) protect

(c) encourage

Answer:

(b) protect

Question 9.

People are urged in every possible way to keep their clean.

(a) surroundings

(b) body

(c) mind

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Answer:

(a) surroundings

Question 10.

If we take care of our health, it is possible for us to lead a life.

(a) complete

(b) incomplete

(c) wholesome

Answer:

(c) wholesome

Question 11.

We see many people tobacco in different ways.

(a) consuming

(b) destroying

(c) shunning

Answer:

(a) consuming

Question 12.

Drinking alcohol has effects on the body.

(a) good

(b) bad

(c) adverse

Answer:

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(c) adverse

Question 13.

Addiction to alcohol is called

(a) fanaticism

(b) alcoholism

(c) lunatism

Answer:

(b) alcoholism

Question 14.

..... makes a person drowsy and confused.

(a) Alcohol

(b) Milk

(c) Coffee

Answer:

(a) Alcohol

Question 15.

..... causes diseases of the liver, intestines and urinary bladder.

(a) Fanatism

(b) Alcoholism

(c) Socialism

Answer:

(b) Alcoholism

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Question 16.

Addiction to tobacco or alcohol are both very habits.

- (a) good
- (b) bad
- (c) ugly

Answer:

- (b) bad

Question 17.

Never be about health.

- (a) negative
- (b) assertive
- (c) negligent

Answer:

- (c) negligent

Question 18.

The family of an addict gets deprived of health and happiness is

- (a) ruined
- (b) built
- (c) restored

Answer:

- (a) ruined

Question 19.

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Tobacco, drugs and alcohol produce a state of

- (a) peace
- (b) aggression
- (c) intoxication

Answer:

- (c) intoxication

Question 20.

Learn to say firmly in order to avoid bad habits.

- (a) Yeas
- (b) No
- (c) OK

Answer:

- (b) No

From the actions given below, mark those that are harmful with a cross (X) and healthy with a (✓) marks:

Question 1.

1. Burning of tyres. []
2. Spitting anywhere on the road. []
3. Using public toilets []
4. Looking after domestic animals []
5. Following doctor's instructions in cases of infectious diseases []
6. Washing your hands before a meal or snack. []
7. Throwing the garbage from your house on to the road. []

Answer:

1. Burning of tyres. [X]
2. Spitting anywhere on the road. [X]

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3. Using public toilets [✓]
4. Looking after domestic animals [✓]
5. Following doctor's instructions in cases of infectious diseases [✓]
6. Washing your hands before a meal or snack. [✓]
7. Throwing the garbage from your house on to the road. [X]

Answer in one sentence:

Question 1.

What leads to good health?

Answer:

Nutritious food, personal hygiene, exercise and pursuit of hobbies lead to excellent health and good personal development.

Question 2.

How is mass media used to ensure community health?

Answer:

Mass media are used under community welfare programmes to educate people about issues such as taking care of drinking water and food.

Question 3.

How can we lead a wholesome life?

Answer:

If we take care of our health, it is possible for us to lead a wholesome life.

Question 4.

What happens when people of a society live a healthy and wholesome life?

Answer:

If people of a society live a healthy and wholesome life, social tensions also decrease and feelings of friendship can be nurtured.

Question 5.

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What is addiction?

Answer:

At first, a person may consume drugs, alcohol or tobacco casually, but later he becomes dependent and cannot give up the habit. This stage is called addiction.

Question 6.

What happens to people when they are tobacco addicts?

Answer:

When people develop this habit, they become restless if they do not get tobacco. They are not able to pay attention to anything else as they have to have tobacco in their mouth at all times.

Question 7.

Why should we stay away from drugs, tobacco and alcohol?

Answer:

Addiction to drugs, alcohol or tobacco eventually kills the person. So everyone should be aware of the ill-effects of these addictions and strictly stay away from them.

Question 8.

How can we help an addict?

Answer:

An addict should be given the help of counsellors or doctors immediately to rid the person of the habit.

Question 9.

What is the only solution to stay away from bad habits?

Answer:

Learning to say 'NO! firmly is the best way to stay away from bad habits.

Give reasons:

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Question 1.

Burning tyres is not good.

Answer:

Tyres are made of rubber. When rubber burns it gives out many gases which are poisonous. These gases spread in the air and when inhaled these gases affect the health of the people. Burning tyres also causes pollution of air. This will also affect birds and animals. Hence it is not good to burn tyres.

Question 2.

One should not spit on the road.

Answer:

Spitting on the road spreads infectious diseases if the spit is of a person already suffering from a disease. The spit dries up and it flies in the air and when we inhale this air we get the disease. Hence spitting on the road is not good.

Question 3.

One should not throw garbage on the road.

Answer:

Garbage thrown on the road decays and many flies sit on this. Even water gets stagnated due to garbage and mosquitoes breed there. Decaying garbage emits a foul smell and makes the place dirty. Hence this can affect the people's health.

Question 4.

State whether true or false? Correct the wrong statements:

1. Alcoholism causes diseases of liver, intestines, and urinary bladder.
2. Eating mawa, pan masala are good for health.
3. Community welfare programmes educate people about safe drinking water and food.
4. Ban on smoking in public places helps in preventing the bad effects of passive smoking

Answer:

1. True

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2. False. Eating pan masala is bad for health.
3. True
4. True

Some important factors that are harmful for community health are mentioned below. Some suggested remedies are mentioned in the next box. Add other ill effects and remedies to the respective boxes.

Question 1.

1 Polluted water

Cholera, _____

Safe water supply _____

2 Malnutrition

Higher number of child death, _____

Nutritious diet, _____

3 Pollution

Danger to the environment, _____

Protecting the environment, _____

4 Ignorance and Superstitions

Oppression, deception, _____

Scientific temper, _____

5 Addiction

Unhappy family life, _____

Deaddiction programmes, _____

Answer:

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1 Polluted water

typhoid

Drinking boiled water

2 Malnutrition

Poverty

Nutritious diet

3 Pollution

Spread of disease, epidemics

4 Ignorance and superstitions

illiteracy

Spread of education

5 Addiction

Causes cancer, ill health

Educating about ill effects

What's the solution?

Question 1.

You have seen one of your friend's brother smoking and drinking alcohol and he is slowly becoming addicted.

Answer:

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If you see your friend's, brothers becoming addicted with smoking and drinking alcohol, you should tell this to his parents. Then your friend's, brother should be taken to a doctor or counsellor to rid him of the habit. The family members and friend should support him and help him to give up the habit. Once he is rid of the habit, he should engage himself in some sports or other hobbies.

Question 2.

There is a slum area in your locality where there is lot of filth, dirt and people are living in squalor.

Answer:

People should be educated about the need to maintain hygienic conditions. The students can plan an awareness drive and do street plays and people should be educated about how they should keep their surroundings clean.

Glossary :

1. malnutrition – faulty nutrition due to inadequate or unbalanced intake of nutrients
2. envy – a feeling of discontent aroused by someone's qualities etc.
3. tuberculosis – a communicable disease that affects the • lungs caused by tubercle bacillus.
4. epidemic – an outbreak of disease affecting a large population
5. infectious – communicable by infection
6. wholesome – promoting healthy body
7. restless – showing unrest of mind.
8. passive smoking – involuntary inhalations of tobacco smoke by a nonsmoker,
9. remedies – treatment that relieves or cures a disease.



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Class 5 Environmental Studies

Part 1

- Chapter 1- Our Earth and Our Solar System
- Chapter 2- Motions of the Earth
- Chapter 3- The Earth and its Living World
- Chapter 4- Environmental Balance
- Chapter 5- Family Values
- Chapter 6- Rules are for Everyone
- Chapter 7- Let us Solve Our own Problems
- Chapter 8- Public Facilities and My School
- Chapter 9- Maps - Our Companions
- Chapter 10- Getting to Know India
- Chapter 11- Our Home and Environment
- Chapter 12- Food for All
- Chapter 13- Methods of Preserving Food
- Chapter 14- Transport
- Chapter 15- Communication and Mass Media
- Chapter 16- Water
- Chapter 17- Clothes - Our Necessity
- Chapter 18- The Environment and Us
- Chapter 19- Constituents of Food
- Chapter 20- Our Emotional World
- Chapter 21- Busy at Work - Our Internal Organs

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- Chapter 22- Growth and Personality Development
- Chapter 23- Infectious Diseases and how to Prevent them
- Chapter 24- Substances, Objects and Energy
- Chapter 25- Community Health and Hygiene
- Chapter 3- Life on Earth
- Chapter 4- Evolution
- Chapter 5- Evolution of Mankind
- Chapter 6- Stone Age: Stone Tools
- Chapter 7- From Shelters to Village-settlements
- Chapter 8- Beginning of Settled Life
- Chapter 9- Settled Life and Urban Civilization
- Chapter 10- Historic Period

Part 2

- Chapter 1- What is History?
- Chapter 2- History and the Concept of 'Time'

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The Maharashtra State Board of Secondary and Higher Secondary Education or MSBSHSE (Marathi: महाराष्ट्र राज्य माध्यमिक आणि उच्च माध्यमिक शिक्षण मंडळ), is an **autonomous and statutory body established in 1965**. The board was amended in the year 1977 under the provisions of the Maharashtra Act No. 41 of 1965.

The Maharashtra State Board of Secondary & Higher Secondary Education (MSBSHSE), Pune is an independent body of the Maharashtra Government. There are more than 1.4 million students that appear in the examination every year. The Maha State Board conducts the board examination twice a year. This board conducts the examination for SSC and HSC.

The Maharashtra government established the Maharashtra State Bureau of Textbook Production and Curriculum Research, also commonly referred to as Ebalbharati, in 1967 to take up the responsibility of providing quality textbooks to students from all classes studying under the Maharashtra State Board. MSBHSE prepares and updates the curriculum to provide holistic development for students. It is designed to tackle the difficulty in understanding the concepts with simple language with simple illustrations. Every year around 10 lakh students are enrolled in schools that are affiliated with the Maharashtra State Board.

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As of now, the MSCERT and Balbharti are responsible for the syllabus and textbooks of Classes 1 to 8, while Classes 9 and 10 are under the Maharashtra State Board of Secondary and Higher Secondary Education (MSBSHSE).

How many state boards are there in Maharashtra?

The Maharashtra State Board of Secondary & Higher Secondary Education, conducts the HSC and SSC Examinations in the state of Maharashtra through its nine Divisional Boards located at Pune, Mumbai, Aurangabad, Nasik, Kolhapur, Amravati, Latur, Nagpur and Ratnagiri.

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