

Better Housekeeping Practices, Sanitation and Diseases

A. Choose the correct answer:

1. Which of the following is a key benefit of proper housekeeping practices?

- A) Increased risk of infections
- B) Improved hygiene and safety
- C) Accumulation of waste
- D) Spread of diseases

2. What is the primary reason for maintaining proper sanitation in public places?

- A) To make the place look beautiful
- B) To prevent the spread of diseases
- C) To increase tourism
- D) To reduce noise pollution

3. Which of the following diseases is most commonly caused by poor sanitation?

- A) Diabetes
- B) Tuberculosis
- C) Cholera
- D) Asthma

B. Fill in the Blanks:

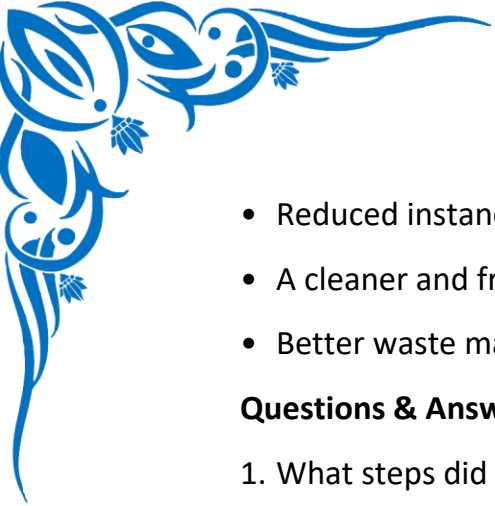
1. Proper _____ helps in preventing the accumulation of dirt, dust, and harmful microorganisms.
2. Waste materials should be disposed of in _____ to maintain cleanliness and hygiene.
3. Contaminated water is a major cause of _____ diseases.

C. Case Study:

A housing society implemented a new cleanliness drive. As part of the initiative, they:

- Installed separate bins for biodegradable and non-biodegradable waste.
- Organized weekly cleaning and sanitization of public spaces.
- Conducted awareness sessions on hygiene and disease prevention.

After three months, they observed:



- Reduced instances of infections and diseases among residents.
- A cleaner and fresher living environment.
- Better waste management practices among households.

Questions & Answers:

1. What steps did the housing society take to improve sanitation?
2. How did the new cleanliness drive benefit the residents?
3. Why is waste segregation important for maintaining hygiene?
4. What lessons can other communities learn from this initiative?

D. Short Answer Questions:

1. Why is proper sanitation essential for good health?
2. How does poor housekeeping contribute to the spread of diseases?
3. What are some effective ways to maintain hygiene at home?

E. Long Answer Questions:

1. Explain the relationship between sanitation and the prevention of diseases.
2. Discuss the importance of waste management in maintaining a clean environment.
3. How can public awareness programs help in improving sanitation practices in rural and urban areas?