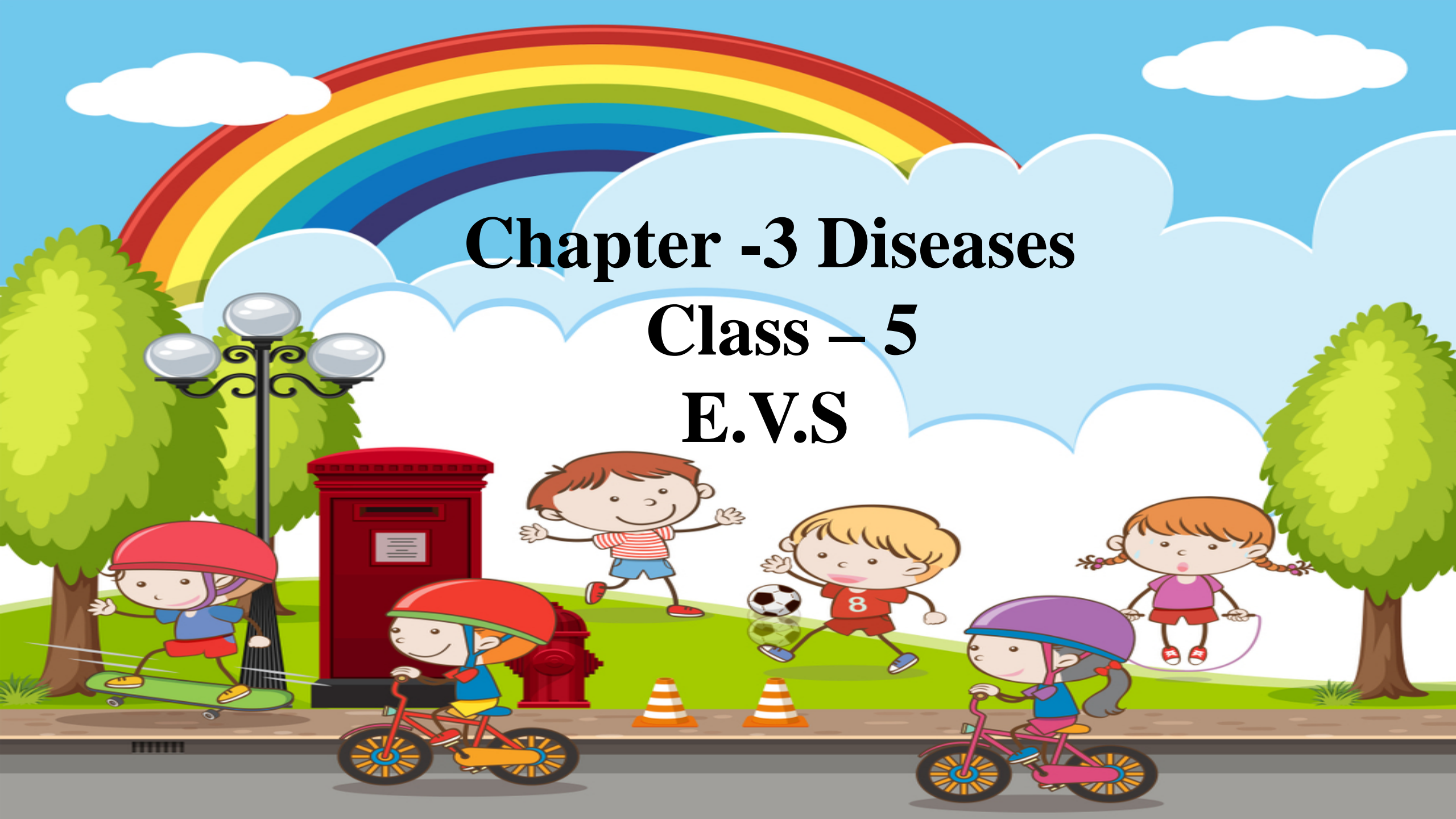


# Chapter -3 Diseases

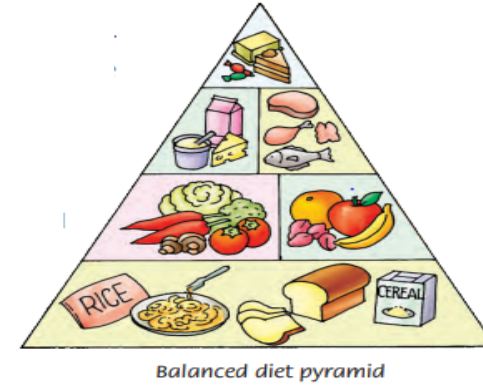
## Class – 5

### E.V.S








**We eat food which provides energy to our body. Our food contains several nutrients like carbohydrates, fats, vitamins, proteins and minerals. All nutrients have their own**







**functions. Carbohydrates provide energy to our body to work. Proteins help our body to grow, by building our tissues. Fats also give energy.**






**Vitamins keep us fit and healthy. Minerals help in the growth and development of our body.**

**Roughage helps in the digestion of food properly and cleans our body.**





**And this is also a fact that our body needs all kinds of nutrients. Excess or deficiency of any nutrient can cause disease. To overcome this, we must take a balanced diet.**





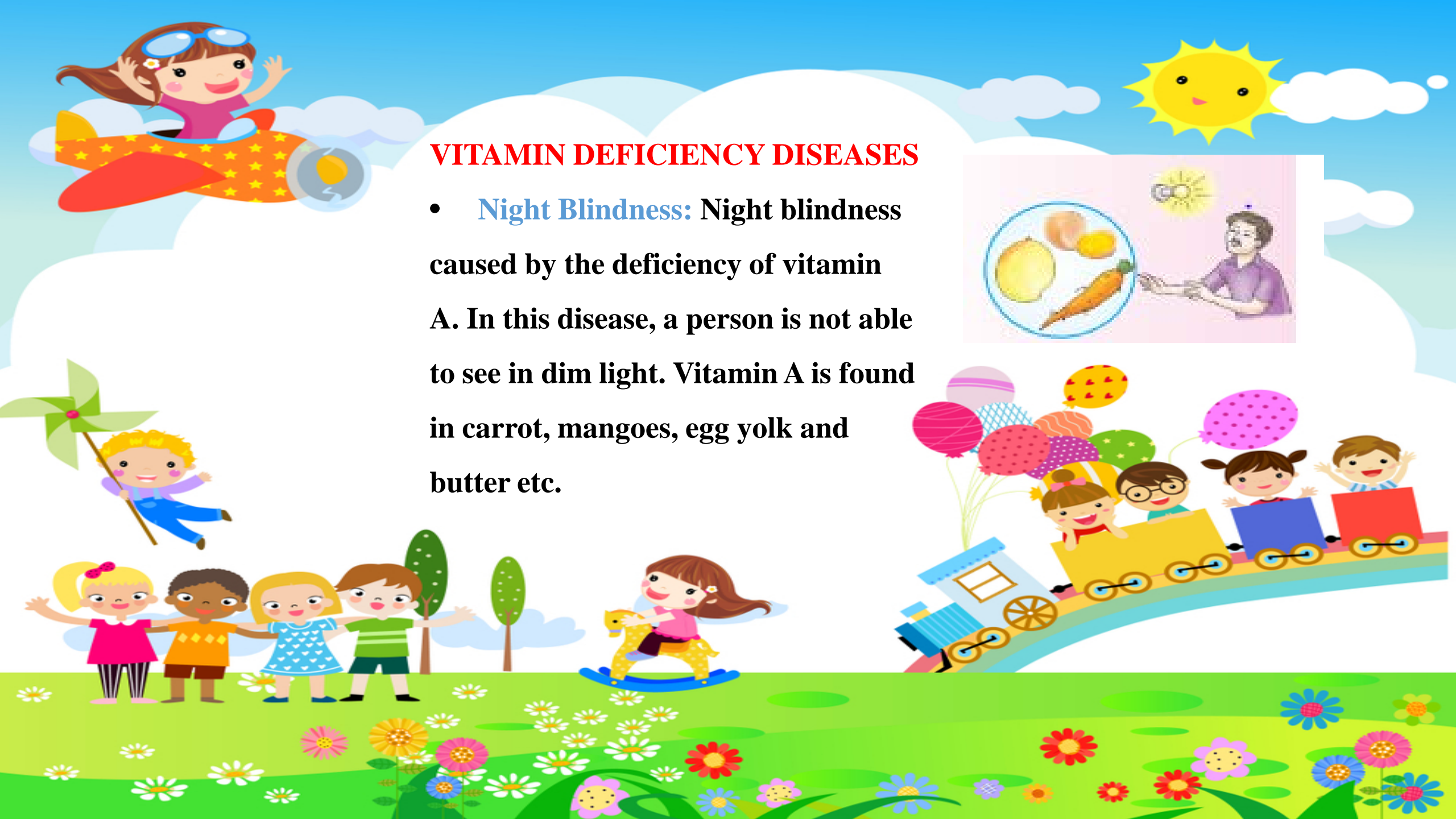


**What is a balanced diet? A diet which contains all the nutrients in a balanced quantity is called a **balanced diet**.**



## VITAMIN DEFICIENCY DISEASES

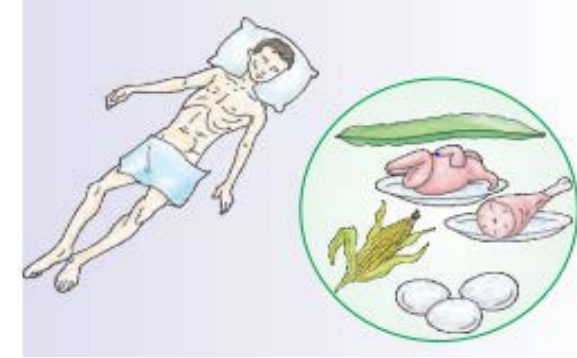
- **Night Blindness:** Night blindness caused by the deficiency of vitamin A. In this disease, a person is not able to see in dim light. Vitamin A is found in carrot, mangoes, egg yolk and butter etc.







- **Beri-Beri:** Beri-Beri is caused by the deficiency of vitamin B1. The symptoms are loss of weight and weak muscles. Food rich in vitamin B1 such as beans, meat, eggs and corn helps to avoid Beri-Beri.







- **Scurvy:** Scurvy is the disease of bleeding gums caused by the deficiency of vitamin C. Oranges, tomatoes, lemon, guava and amla are rich in vitamin C.





- **Rickets:** Deficiency of vitamin D causes Rickets in which bones become curved. The diet should include fish, eggs, milk and butter to avoid rickets. In addition, exposure to sunlight produces vitamin D in our body.







## MINERAL DEFICIENCY DISEASES

- **Goitre:** Goitre is the disease caused by the deficiency of iodine. In this disease thyroid glands near neck region get swelled. It is prevented by the intake of iodised salt and sea food.





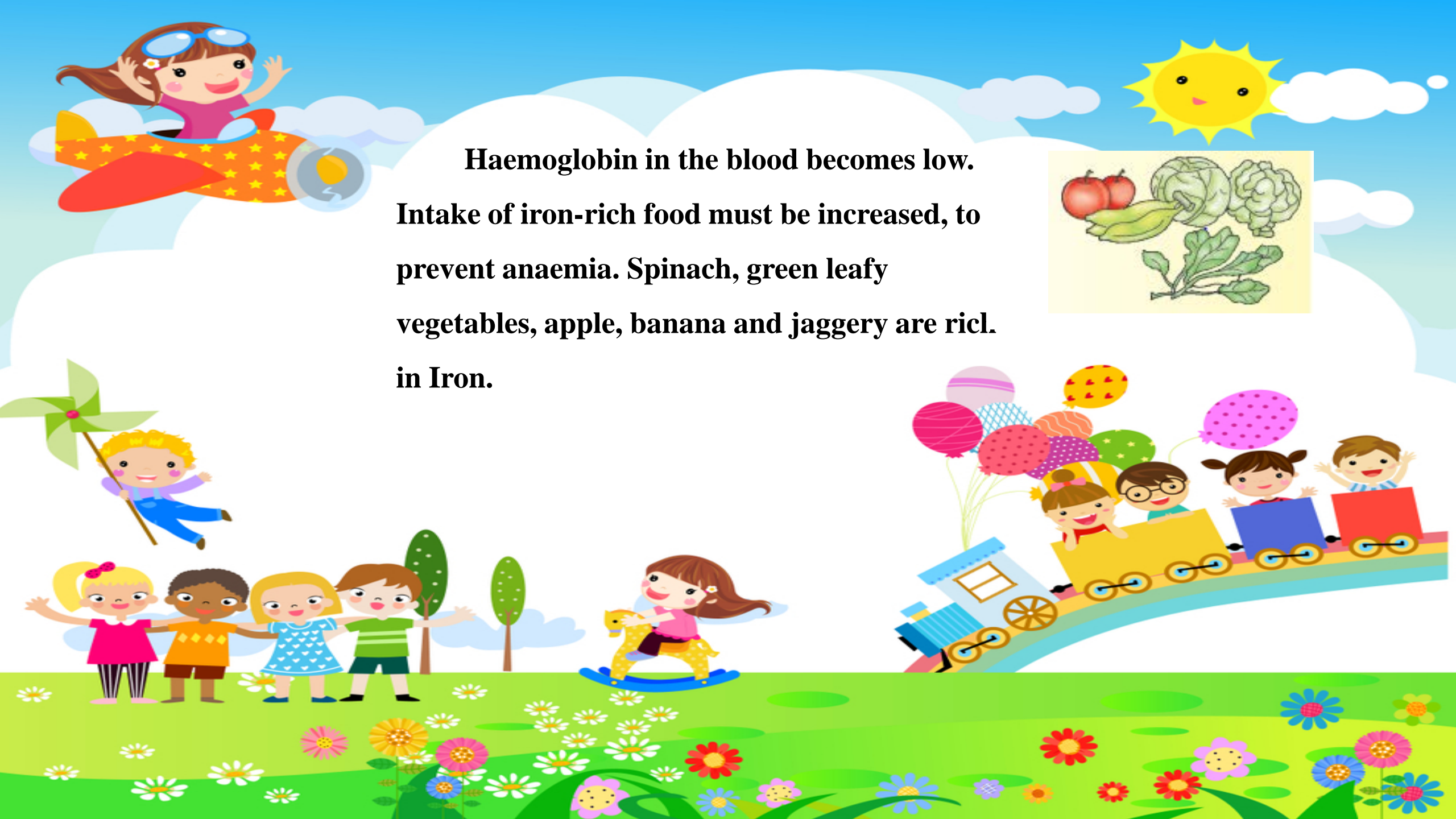
- **Anaemia:** Anaemia is the disease caused by the deficiency of red blood cells. The symptoms of anaemia are headache, dark patches under eyes, weakness and fatigue.





**Haemoglobin in the blood becomes low.**

**Intake of iron-rich food must be increased, to prevent anaemia. Spinach, green leafy vegetables, apple, banana and jaggery are rich in Iron.**





## FOOD-BORNE DISEASES


Food-borne diseases are caused by consuming contaminated food or beverages. Mostly contamination of food is caused by microbes. **Microbes** are the very small organisms which cannot be seen with naked eyes.








Bacteria and viruses are examples of microbes. Dysentery , diarrhoea and cholera are food-borne diseases



**caused by bacteria. In addition, poisonous chemicals, or other harmful substances can cause food-borne diseases if they are present in the food.**







## **COMMUNICABLE AND NON-COMMUNICABLE DISEASES**

**Diseases which can spread from the sick to healthy person, are known as communicable diseases.**





**Microbes of these diseases can be transmitted through air or water. Micro-organisms like bacteria, virus and protozoans are responsible for these types of diseases. When the infected or diseased person sneezes, spits or coughs, the microbes are released in the air and infect the other person, who comes in contact.**







## Types of Communicable Diseases

Following are the main communicable diseases:

**Bacterial diseases:** Plague, tuberculosis, typhoid and pneumonia.

**Protozoan diseases:** Malaria and amoebic dysentery.

**Viral diseases:** Polio, chicken pox, measles and common cold.







**These pathogens can be transmitted through:**

- **Direct contact**
- **Infected food and water**
- **Air we breathe**
- **Insects**
- **Carriers like rodents, mosquitoes etc.**









**Non-communicable diseases do not transfer from one person to another.**

**Examples are Diabetes, Hypertension, Beri-Beri, Goitre etc.**





## **Prevention of Communicable Diseases**

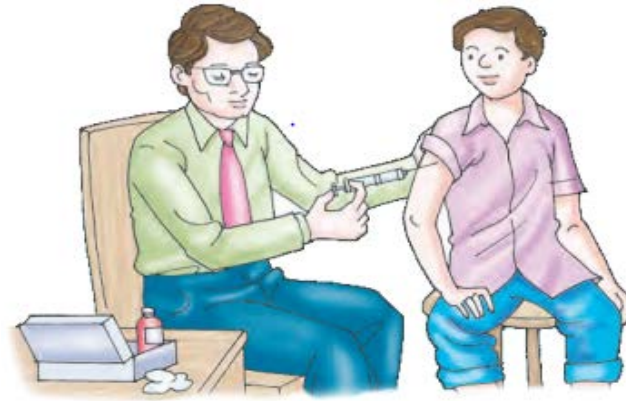
**There are several methods to prevent the communicable diseases. These are:**

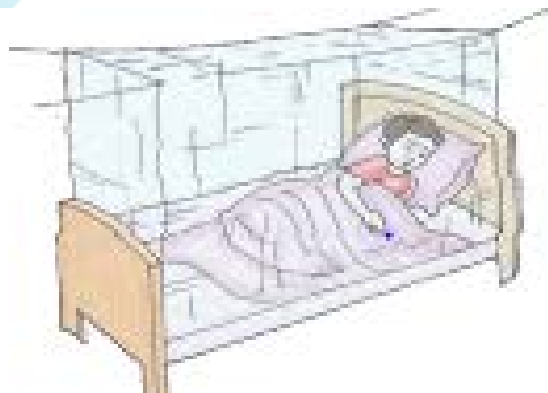






- **Timely Vaccination**





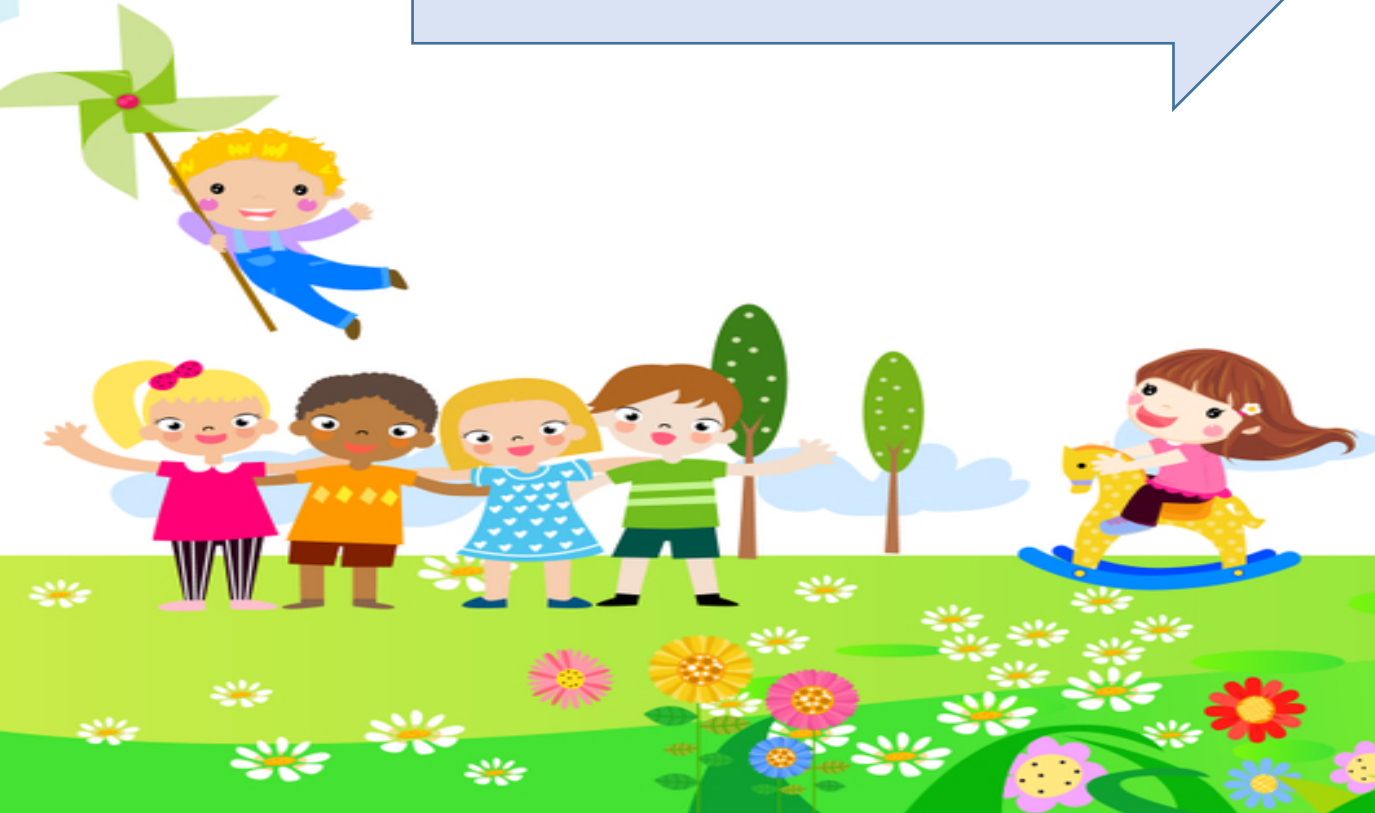
- Use mosquito nets.







- Keep your surroundings clean.





- **Drink boiled water**







- Use pasteurised milk.





- 
- **Avoid infected person's contact.**







## Fact File

- Only female mosquitoes bite and suck blood.
- Food-borne diseases are caused by consuming contaminated food or beverages.
- Most commonly recognised food-borne infections are those caused by the bacteria campylobacter, salmonella and e.coli.





## Things to Remember

- **Roughage helps in the digestion of food properly.**
- **Deficiency of vitamin 'D' causes rickets in which bones become soft.**
- **Diseases which spread from the sick to healthy person are known as communicable diseases.**
- **Non-communicable diseases do not spread from one person to another.**







Thank  
you