

WHY DO WE FALL ILL?

Questions

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1. Why are we normally advised to take bland and nourishing food when we are sick?

Ans We are normally advised to take bland and nourishing food when we are sick because such food is easily digested and provide required nutrient for energy and proper recovery. Nourishing food is required for proper functioning of immune system also.

2. What are the different means by which infectious diseases are spread?

Ans Different means by which infectious diseases spread -

- i) Air - Some diseases spread through the air. Tiny droplets thrown out by an infected person. by sneezing or coughing may contain disease causing microbes. These droplets in the air may be inhaled by a nearby person.

ii) Water - Infectious diseases can also spread through water. If the excreta from someone suffering from an infectious gut disease such as cholera get mixed with the drinking water used by people living nearby then the disease causing microbes will enter a healthy person through the drinking water.

iii) Physical contact - ^{some} Infectious diseases also spread through physical contact between infected and healthy person.

Syphilis or AIDS are sexually transmitted diseases. The virus causing AIDS (HIV) can also spread through blood to blood contact with infected people.

iv) vectors - some animals carry the infecting agents from a sick person to healthy person. These animals are called vectors. eg. mosquitoes. Some mosquitoes are vector of a disease called malaria.

Some other means of transmission of diseases are, contaminated food, clothes, utensils etc used by infected person, etc.