

# Disease, Nutrition, Smoking and Drugs

## Very Short Questions

- Q.1 What is communicable disease?
- Q.2 Which bacteria cause cholera?
- Q.3 What is the mode of transmission of Hepatitis 'B'?
- Q.4 Write down any three symptoms of diarrhea.
- Q.5 Write down any three preventive measures of round worms.
- Q.6 Write down the causative agent of bacillary dysentery. Write a name.
- Q.7 What is one of the causes for smoking?
- Q.8 Which disease does not communicate from one person to another?
- Q.9 Write one of the diseases which communicate through polluted water.
- Q.10 Name the germ which causes cholera.
- Q.11 What are the symptoms of amoebic dysentery?
- Q.12 Name one sexually transmitted disease.
- Q.13 After how many days HIV is seen in blood test normally?
- Q.14 What deficiency in food causes Kwashiorkor?
- Q.15 Which diseases are caused due to deficiency of vitamin C?
- Q.16 If round worm infection is common in your community, in that case, which of the measures would you apply to control it?
- Q.17 What do you name when thyroid gland increases?
- Q.18 Which chemical in tobacco causes cancer in people who smoke?
- Q.19 How do the green vegetables, sour and sweet fruits contribute to the human body?

- Q.20 Which is the best for curing anemia?
- Q.21 Which is the main concept of primary health care?
- Q.22 Which group is mostly affected from drug addiction?
- Q.23 Write one disease which is responsible for spreading HIV/AIDS.
- Q.24 Write germ which causes gonorrhoea.
- Q.25 Name one disease which is caused due to malnutrition.
- Q.26 Which disease is caused by food deficiency?
- Q.27 What deficiency in food causes rickets?
- Q.28 Write one symptom of Gonorrhoea.
- Q.29 What is the disease caused by the deficiency of iron in food?
- Q.30 Name the disease which has the symptom: The child is usually below 60% of the standard weight?
- Q.31 Name the disease which is responsible for greater number of deaths of children in Nepal compared to developed countries?
- Q.32 Which disease is caused by Entamoeba Histolytica?
- Q.33 Which is the alcohol used by people for drinking?
- Q.34 Which nutrition gives more energy than the other?
- Q.35 What will you do if you have to stay amongst common cold patients?
- Q.36 Which disease is usually caused in the deficiency of protein?
- Q.37 What is the mode of transmission of diarrhoea?
- Q.38 How would you influence your friend to adopt vegetarian life?
- Q.39 Which disease is usually caused in the deficiency of calories and proteins?
- Q.40 Name the germs which cause syphilis.
- Q.41 By which medium the cholera is transmitted from one person to another person?

- Q.42 What do you mean by sexually transmitted diseases?
- Q.43 What is nutrition?
- Q.44 When was AIDS identified first?
- Q.45 Name the gland that secreted thyroxin.
- Q.46 Write a name of fat soluble vitamin.
- Q.47 In which disease rehydradation therapy is effective?
- Q.48 Name the disease seen in liver due to excessive use of alcohol.
- Q.49 What is the cause of Kwashiorher?
- Q.50 Which disease is caused by the deficiency of iron in food?
- Q.51 Write the disease caused due to deficiency of protein.
- Q.52 Which disease is known as 'PEM'?
- Q.53 Write a name of water soluble vitamin.
- Q.54 What do you mean by incubation period?
- Q.55 Name the special body parts that get badly affected in a Gonorrhoea patient.
- Q.56 Name any one water-borne disease.
- Q.57 Which disease has the symptom of stomach ache, mucosed stool and passing stool frequently?
- Q.58 After how many days HIV is seen in blood test normally?
- Q.59 Which food nutrient does not provide energy?
- Q.60 What is the best method of controlling cholera from spreading?
- Q.61 Name the germ which causes common cold.
- Q.62 Which germ causes diarrhea?
- Q.63 Name one of eth nutrients which give more energy than other.

## Short Questions

Q.64

- a) Describe with examples the preventive measures of tape worms, diarrhea and dysentery those you can apply personally.
- b) What are the modes of transmission and preventive measures of HIV and AIDS? Mention.
- c) How does HIV transmit and mention any three preventive measures.
- d) What types of constructive suggestions would you give to your friends to prevent STDs, HIV AIDS? Write any 5 suggestions and advices.
- e) How would you know the victim suffering from diarrhea?
- f) Describe the preventive measures for Marasmus and Kwashiorkor.

Q.65

- a) What is goitre? Write down the symptoms and preventive measures for goitre?
- b) Distinguish the following disease sexually transmitted or transmitted with contaminated foodstuffs.

Q.66

- a) Identify the communicable and non-communicable diseases from the list given below:  
Marasmus      Kwashiorkor      Diarrhea  
Rickets          Gonorrhoea      Goitre
- b) The diseases, common cold and AIDS can be transferred by virus. What different ways can be found in transferring these diseases? List any four of them.
- c) "Prevention is always better than cure". Justify the statement giving three reasons.

Q.67

- a) How would you identify the victim suffering from Gonorrhoea?
- b) Write down the causes of bacillary dysentery and also mention its four symptoms and four preventive measures.

Q.68 Why is AIDS supposed to be a fatal disease? How does it transmit and not transmit? Explain.

Q.69

- a) What symptoms can be seen in HIV/AIDS patients? Write any three symptoms.

b) Some of the preventive measures of HIV/AIDS.

Q.70

a) What is meant by sexual transmitted diseases?

b) Write the names of three STDS and also mention the symptoms and preventive measures.

Q.71 Give an introduction of AIDS and write the main symptoms of HIV/AIDS.

Q.72 “Diarrhea is a common disease of Nepali children.” Justify the statement.

Q.73 Mention any three common preventive measures of round worm, diarrhea and dysentery.

Q.74 Differentiate Communicable and Non-communicable diseases from the following:

- i) Scurvy
- ii) Cholera
- iii) Goiter
- iv) Kwashiorkor
- v) Syphilis
- vi) Dysentery

Q.75 Write the name of the disease caused by the infection of Gonococcus of Neiser and write its mode of transmission and five any two preventive measures.

Q.76 Why gastro-intestinal disease is considered as a major health problem of Nepal? What diseases are included under this category? Write down any five measures to prevent from these diseases.

Q.77

a) What is non-communicable disease? Write with example. Mention the preventive measures of non-communicable disease.

b) Differentiate between Amoebic dysentery and bacillary dysentery in terms of their causative agents and distinctive symptoms.

Q.78 “Most of the Nepali children have round worm infestation.” Justify the statement with any three examples.

Q.79 How is Gonorrhoea transmitted? Mention any four symptoms and four preventive measures of it.

Q.80 What would you suggest if you suspect someone is suffering from gonorrhoea? Write any four suggestions.

Q.81

- a) Why HIV/AIDS is called a fatal disease?
- b) What are the minor signs of AIDS?

Q.82 What is diarrhea? Give any four preventive measures of diarrhea.

Q.83 How is diarrhea transmitted? Write down any three symptoms of it?

Q.84

- a) What is disease? When does it transmit to the people?
- b) Differentiate between communicable and non-communicable diseases.

Q.85 What are the symptoms and preventive measures of common cold?

Q.86 Why is cholera taken as a disaster by the people? Mention any four of the major symptoms and preventive measures for its treatment.

Q.87 What measures can be adopted for the prevention of malnutrition? List any six.

Q.88 What are the causes of round worm infestation? Write any two of its symptoms.

Q.89 What is chronic obstructive pulmonary disease? Write any two causes and two preventive measures of it.

Q.90 “Balanced diet can be obtained through local level and cheap foods.” How?

Q.91 People of your community openly use alcohol. Write any five alternative measures to control it.

Q.92 What is Anemia? Give any four preventive measures of Anemia.

Q.93 People take alcohol as a social culture in your society. What step would you take to change this culture?

Q.94 Write any five common preventive measures of round worm, diarrhea and cholera.

Q.95 Why do young people involve in drug abuse? Write any six measures to prevent drug abuse.

Q.96 Differentiate between:

- a) Under nutrition and nutrition
- b) Syphilis and Gonorrhoea

Q.97 Write short notes on:

- a) Rickets
- b) Hepatitis 'B'

Q.98 Below, a table contains two columns of disease and causative agents. Rearrange the table on the basis of their relation.

Q.99 Why marasmus is called a 'PEM'? Write any four of its preventive measures.

Q.100 What is a balanced diet? How can balance diet be prepared from locally available foods?

Q.101

- a) What do you mean by balanced diet?
- b) What are the nutrients groups that should be in a balanced diet?
- c) Into how many groups can be the nutrients are divided chemically? Write down the names of the groups.

Q.102

- a) What is malnutrition? What are the reasons for malnutrition in Nepal?
- b) Write down any two diseases seen from malnutrition and any one cause for each.

Q.103 What is balanced diet? Write any four symptoms of marasmus.

Q.104 "Easily available food grains also function as balanced diet." Clarify this statement with examples.

Q.105

- a) Give an introduction to marasmus and write down any four symptoms of it.
- b) Explain the measures of preventing night-blindness.
- c) Write the names of micro-organisms that cause the following diseases: Diarrhea, Dysentery, AIDS, and Common Cold.

Q.106

- a) List out the major functions of food.
- b) How is food contaminated?
- c) What are the harms caused by contamination of food?

Q.107

- a) Study the following charts and write name, cause and symptoms of the diseases in order.
- b) Why is cholera taken as an epidemic by the people? Mention any four of the major preventive measures for its treatment.
- c) What do you mean by smoking? Mention any two of the long run effects of smoking.

Q.108 “Sufficient supply of vitamin ‘C’ is helpful to save from scurvy and anemia.”  
Justify.

Q.109

- a) ‘Malnutrition could be the result of wrong type of food either much or less’.  
Justify it.
- b) Write importance of balanced diet and list down the three sources of Carbohydrate, Protein and fats each.
- c) Write down any three control measures of Kwashiorkor:

Q.110

- a) How can anemia be prevented?
- b) List the symptoms of Anemia.

Q.111 Deficiency of vitamin ‘C’ may cause scurvy and anemia. Explain the statement and mention any four ways to prevent it.

Q.112 Mention any four ways of conserving nutrients.

Q.113 What is the cause of Kwashiorkor? Write any four symptoms of this disease.

Q.114 Why do we need food? Describe it with any five points.

Q.115 Why do we need protein? In which foods is it found?

Q.116 What is the Night Blindness? Give any four symptoms of it.

Q.117 Give an introduction to scurvy and write down any four symptoms of it.

Q.118 Give an introduction to rickets and write down any four symptoms and preventive measures of it.

Q.119 Write the functions of the various nutrition.

Q.120 Briefly explain six groups of nutritions.

Q.121 Some diseases and causative factors are listed below. Give either causative factors or diseases for them.

- (i) Scurvy            (ii) Diarrhea            (iii) Retro-viruses

Q.122

- a) According to the World Health Organization, what is drug?
- b) Write any three efforts to discourage the youths in taking drugs who are addicts of drugs.

Q.123 Nowadays the youths have developed a habit of smoking and taking alcohol.

- a) Write down an three reasons of smoking.
- b) Write down any three long run effects of smoking.
- c) Write down any three adverse effects of taking alcohol on society.

Q.124

- a) Many friends of yours have a habit of smoking. How can you save your friends and yourself from such habit?
- b) In your society people take alcohol as a social culture. What do you do to change this culture?
- c) How can you save the youths who have a habit of taking alcohol? Write down any three methods.

Q.125

- a) What is alcoholism?
- b) Write any five preventive measures of alcoholism.

Q.126

- a) What suggestions would you give to your friends who are involved in smoking and drug abuse? Write any five suggestions.
- b) Write any three reasons of being habitual of using drugs in youths. Write any three effects of drug addiction.

Q.127 Nowadays young generations are being highly attracted towards smoking and alcohol. Write down two reasons of it according to your opinion. How far have the efforts made by the Government of Nepal become successful to control it? Justify it by giving at least one reason.

Q.128 A hundred young men and women died in your locality. Drug was the main cause. Some people say this has been a national problem. Others say there was something

the people could have done to prevent it become it is just a matter of addiction. Now explain.

- a) What would be the cause?
- b) What would be its four major effects?
- c) What would be four measures for its treatment and control?

Q.129 Why do people take drugs? Suggest any two ways to prevent form drug abuse.

Q.130 Define drugs and write down any three of its major effects.

Q.131 Give an introduction to Tobacco.

Q.132 Write down any four causes of indulgence of man in Alcoholism, Smoking and Drug addiction.

Q.133 Why do youths are engaged in drug abuse? Explain any three reasons in brief.

Q.134 Write any two importance of smoke free zone.

Q.135 What is drug? Write any three causes of drug addiction.

Q.136 Write any six immediate effects of smoking.

Q.137 Most of the people in your community have set a culture to drink 'Jand-raksi' as a social culture. In such a situation, what would you do to change their culture?