

Health and Diseases

Chapter 2: Health and Diseases · Topic 1

Key Concept

Diseases can be classified as communicable (spread between people, like flu) or non-communicable (not spread, like diabetes).

Pathogens like bacteria, viruses, fungi, and parasites cause communicable diseases, spreading through various means like air, water, or contact.

Non-communicable diseases often result from lifestyle factors, genetics, or environmental factors, like heart disease or diabetes.

Prevention strategies, including vaccination, hygiene, healthy diet, and exercise, help reduce the risk of both types of diseases.

Quick Revision Notes

- Diseases: communicable or non-communicable.
- Communicable: spreads between people (flu).
- Non-communicable: doesn't spread (diabetes).
- Pathogens cause communicable diseases.
- Types: bacteria, viruses, fungi, parasites.
- Non-communicable: lifestyle, genetics, environment.
- Examples: heart disease, diabetes.
- Prevention: vaccination, hygiene, diet, exercise.

Practice Questions

- 1 Classify three diseases as communicable or non-communicable.
- 2 Discuss how a communicable disease spreads.
- 3 Research a lifestyle factor causing non-communicable disease.
- 4 Discuss the importance of vaccination.
- 5 List three healthy habits that prevent disease.
- 6 Explain the difference between disease types.