**9. GERMS AND DISEASES**

1. What are germs?

**Ans** Microbes that cause diseases are called germs.

2. How do germs spread by contact with a sick person?

**Ans** Germs spread by touching a sick person or by using his/her belongings such as handkerchiefs, towels or bedsheets.

3**.** What do you understand by the term pasteurization?

**Ans** In pasteurization, germs present in milk are killed by heating milk to a high temperature for a few minutes and then cooling it down quickly.

4. Why should mattresses, linen and clothes be exposed to sunlight?

**Ans** Sunlight is a natural disinfectant. Therefore, we should expose mattresses, linen and clothes to sunlight regularly.

5. List the ways in which microbes are useful to us.

**Ans** Microbes are useful to us in the following ways:

**i.** Nitrogen-fixing bacteria change atmospheric nitrogen into a form that can be used by plants.

**ii.** Bacteria and fungi are used to make antibiotics.

**iii.** Microbes present in the digestive system of human beings and herbivores help them to digest fibre.

**iv.** Yeast is a fungus that is used in making bread.

**v.** Lactobacillus bacteria changes milk to curd.

**vi.** Decomposers feed on dead plants and animals to produce compost.

**6.** How do germs spread through contaminated food and water? Name some diseases caused by consuming infected food and water.

**Ans** Eating contaminated food or drinking polluted water can lead to several diseases. Germs grow on

stale food. Flies, cockroaches and rats carry germs from dirt, garbage and sewer and infect food and

water. Infected food and water cause diseases such as cholera, dysentery and typhoid.

7. How do mosquitoes spread malaria and dengue?

**Ans** When a female *Anopheles* mosquito bites a person infected with malaria germs, it sucks the germs.

When this mosquito bites a healthy person, the germs are passed onto the person, thus causing

malaria. Dengue is spread by the *Aedes* mosquito in the same way.

8. What are the various ways in which we can protect ourselves from communicable diseases?

**Ans** We can protect ourselves from communicable diseases in the following ways:

**i.** By keeping ourselves clean.

**ii.** By keeping our homes and surroundings clean.

**iii.** By consuming clean food and water.

**iv.** By getting vaccinated against deadly diseases.

9. What are allergies? How are they caused?

**Ans** An allergy is a condition that makes some people sick because they have eaten, touched or inhaled

something. Things such as dust, pollen grains, smoke from fire crackers or certain perfumes or some

foods may cause allergies in different people.