

- 1.** Define good health.
- 2.** What is personal hygiene?
- 3.** List two diseases that spread through air and water.
- 4.** What is a communicable disease?
- 5.** How can regular exercise help students?
- 6.** What is the importance of a balanced diet?
- 7.** How does vaccination work?
- 8.** List any three personal hygiene practices.
- 9.** Explain how cleanliness prevents the spread of disease.
- 10.** Compare communicable and non-communicable diseases with examples.
- 11.** Describe any two communicable diseases with causes and prevention.
- 12.** How can we maintain clean surroundings? Explain with four steps.
- 13.** Why is mental health important for teenagers? Give four reasons.
- 14.** Explain the role of clean water, air, and sanitation in maintaining health.
- 15.** Draw a simple diagram showing factors that affect health (diet, air, hygiene, etc.).

