

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.).