

Science

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(Chapter – 13) (Why Do We Fall Ill)

(Class – IX)

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Question 1:

State any two conditions essential for good health.

Answer 1:

'Health' is a state of being well enough to function well physically, mentally and socially.

Therefore, for good health.

- (i) One should be disease free.
- (ii) There should be social equality and harmony which are essential for individual health particularly for social and mental health.

Question 2:

State any two conditions essential for being free of disease.

Answer 2:

- (i) Remain away from specific and particular cause for discomfort or disease. For which personal and public cleanliness and good physical environment are necessary.
- (ii) Proper and sufficient food necessary for functioning of cells and tissues of the body.