

L3- Family Health and Security

Keywords

institution	legitimate	nurtures	initiative	adapt
imbibing	implies	biological need	ventilated	harmoniously
untrimmed	rearing	nuclear	urbanized	sensitive
Wrestling	infirm	co-owners	deliberately	appetite
perspiration	indispensable	common purse	adversity	contented

In-text Questions

In-text Questions 3.1

1. Pick the correct alternatives. Give reasons for your selection.

i. In a joint family the purse is

- a. common for the whole family
- b. with every head of small unit
- c. with every female head of small unit
- d. with both male and female heads

because all members of the family are co-owners of property of the family. The eldest male member of the joint family looks after the finances and the property i.e., there is a common purse.

ii. In a joint family, all the decisions are made by

- a. only male head of the family
- b. only female head of the family
- c. both male and female head of the family

d. all members of the family

because The eldest male member of the joint family looks after the finances and the property.

iii. In a joint family property is owned by

- a. only male head of the family
- b. only female head of the family
- c. both male and female head of the family
- d. all members of the family

because all the family members live together and run a joint business.

2. List two characteristics which children living in joint family develop and two characteristics which children living in nuclear family develop.

i. Joint

- a. Co-operating
- b. Accommodating

ii. Nuclear

- a. Independence
- b. Self-reliance
- c. Self-confidence

In-text Questions 3.2

1. Define health in your own words.

Answer: Health means being physically fit, mentally relaxed, happy and free from worries and socially active and compassionate.

2. List ten characteristics of good physical health.

Answer: The ten characteristics of good physical health are:

- i. Energetic
- ii. good posture
- iii. normal weight and height
- iv. body organs functioning normally
- v. clear, clean skin
- vi. bright eyes
- vii. shining hair
- viii. clean breath
- ix. good appetite
- x. good sleep

3. List five characteristics each of mental and social health.

Answer: The five characteristics each of mental and social health are:

Mental Health	Social Health
<ol style="list-style-type: none"> 1. Happy 2. Contented 3. Confident 4. Free from tensions and anxieties 5. Sensitive to other's needs 	<ol style="list-style-type: none"> 1. Getting along well with others 2. Pleasant mannerism 3. Helping others 4. Fulfilling one's responsibilities 5. Resolving conflicts easily

In-text Questions 3.3

Mention two important indicators each for the following :

SI No.	Part of Body	Indicators
1	Hands	<ol style="list-style-type: none"> 1. Never put your fingers into your mouth. 2. Shaking hands is a potential source of transmission of germs.
2	Skin	<ol style="list-style-type: none"> 1. Take a bath daily to keep skin clean. 2. Change undergarments daily.
3	Hair	<ol style="list-style-type: none"> 1. Wash hair frequently and comb regularly. 2. Apply oil to the hair in moderate quantities at frequent intervals.
4	Eyes	<ol style="list-style-type: none"> 1. Clean the eyes and wash with clear water two or three times every day. 2. Never share towels with others, even in the same family.
5	Nails	<ol style="list-style-type: none"> 1. long or untrimmed nails gather dirt and germs underneath, hence, always keep your nails trimmed and clean. 2. Do not bite nails
6	Nose	<ol style="list-style-type: none"> 1. Always breathe by nose and never by mouth. 2. Do breathing exercises.
7	Ears	<ol style="list-style-type: none"> 1. The ears should be kept clean. If you do not wash ears every day, you can see dirt depositing on the insides of the ears. 2. Clean the wax inside by soft moistened swab. 3. Never put pointed object into your ears.

In-text Questions 3.4

Mention two reasons each for:

Aspect	Reasons
Regular exercise	<ol style="list-style-type: none"> 1. Improves blood circulation. 2. Keeps mind active
Good posture	<ol style="list-style-type: none"> 1. Important for health 2. Gives impressive personality
Rest and sleep	<ol style="list-style-type: none"> 1. Refreshes the body 2. Repairs the worn out cells
Healthy habits	<ol style="list-style-type: none"> 1. Keeps body healthy and strong till ripe old age 2. Helps in engaging and enjoying different activities of life
Clothing to suit climate	<ol style="list-style-type: none"> 1. Keeps skin comfortable 2. Protects from different types of weather

Terminal Questions

1. Define 'security'. State its two types.

Answer: Security means safety to life. The two types of security are:

- i. Physical
 - ii. Psychological or mental.
2. Observe the following in your family and write a short note on their contribution in promoting mental security.

SI No.	Aspects of Family	Contribution
1.	Members in the family	<ul style="list-style-type: none"> • Help in bringing up the children with love and care. • Help in socializing children. • Show love and care, which in turn helps us to be more emotionally stable and contented. • Give support to face both failure or success equally.
2.	Working members	<ul style="list-style-type: none"> • To a great extent, working members can provide the financial support to the family. • Working members can also teach the children how he/she has to do multitasking by managing home and work. • They can help others in

SI No.	Aspects of Family	Contribution
		decision making as they might have faced different scenarios at work place.
3.	Closeness among members	<ul style="list-style-type: none"> • Enhances psychological security of an individual. • Gives sense of belonging to the family. • Gives sense of safety in financial crisis. • It also improves the confidence in individual in facing any problem.
4.	Division of labour among members	<ul style="list-style-type: none"> • It reduces the work load on one individual. • It helps in becoming self-reliant. • It helps to live in harmony. • It helps to cultivate responsibility for self.
5.	Any recent instance when one member has done something for the other	My son helps me in tucking the mosquito net which gives me feeling that he is learning his responsibility and he knows Mom's limitation because of her health condition.

Previous-Year Questions

1. What is an extended family? Write four advantages of living in an extended family.-2 mark

Answer: Unmarried brother or sister of husband living with husband and wife along with their children is called as extended family.

The four advantages are:

- i. Co-operating and accommodating
 - ii. Emotional and economic support
 - iii. Greater financial security
 - iv. Greater initiative and self reliance
2. What do you understand by nuclear family ?-1 mark

Answer: A family which consists of husband wife and unmarried children is called as nuclear family.

3. Define a joint family.

Answer: The joint family is made up of a man and his wife, their unmarried daughters, married sons, their wives and children. he men are of the same family and women enter the family by marriage.

4. What is a nuclear family? 1

Answer: A family which consists of husband wife and unmarried children is called as nuclear family.

5. Write two differences between children living in nuclear and joint families.
[2]

Answer: The two differences between children livng in nuclear and joint families are:

Nuclear Family	Joint Family
In case of adversity there is no one to support the children financially or emotionally.	A child gets emotional and economic support during difficult times
The children are frequently encouraged to make decisions.	Children do not get the opportunity to make decisions.

6. Which *four* things will help you to identify a person with good social health?
2

Answer: The four things that help to identify a person with good social health are:

- i. Getting along well with others
- ii. Pleasant mannerism
- iii. Helping others
- iv. Fulfilling one's responsibilities
- v. Resolving conflicts easily

7. 4 Define a nuclear family.

1

Answer: A family which consists of husband wife and unmarried children is called as nuclear family.

8. What is extended family?

Answer: Unmarried brother or sister of husband living with husband and wife along with their children is called as extended family.

9. Mention any *two* ways by which serious fire accidents can happen at home.
1

Answer: The *two* ways by which serious fire accidents can happen at home are:

- i. A room may catch fire because of a heater that tips over or malfunctions.
 - ii. Electrical wiring that is not properly done can also cause fires.
10. On the basis of which *two* indicators would you declare that your friend has sound mental health? 1

Answer: The two indicators of sound mental health are:

- i. Confidence
 - ii. Free from tensions and anxieties Sensitive to other's needs
11. List any *two* indicators of a mentally healthy person.

Answer: The two indicators of sound mental health are:

- i. Confidence
 - ii. Free from tensions and anxieties Sensitive to other's needs
12. When you use electrical equipment in your kitchen, what are the *four* points you will keep in mind?

Answer: The *four* points to keep in mind when we use an electrical equipment in kitchen are:

- i. wear slippers.
 - ii. dried hands.
 - iii. Avoid water at all times when working with electricity.
 - iv. Always use insulated tools while working.
13. What do you, understand by the term 'Posture'? [1]

Answer: Posture means the manner in which one sits, walks, stands and works.

14.

9	Justify our need for rest and sleep with the help of four reasons.	2
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Answer: We need rest and sleep for:

- i. Refreshes the body
- ii. Repairs the worn out cells
- iii. Makes brain active
- iv. Gives rest to fatigued muscles

15.

	Give a list of four healthy habits we should adopt.	2
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Answer: The list of four healthy habits we should adopt are:

- i. Take your food at regular hours
- ii. Go to bed at regular timings
- iii. Clear your bowels (passing stools) every day, preferably in the mornings.
- iv. Never spit, urinate or defecate on the roadside or in public. Use only public latrines and that too carefully, without making them dirty.

16. What precautions should you take to prevent the entry of germs from your fingers into your mouth? 1

Answer: The precautions to take to prevent the entry of germs from fingers to mouth are:

- Never turn the page of your book, newspaper or currency by applying saliva to your finger
- After using toilets (latrines) always wash your hands very well with soap or with clean charcoal ash.
- Do not shake hands! Say Namasthe!

17. State any *two* precautions; you will take to prevent entry of germs from your fingers into your mouth.

Answer: Same as above

18.

2	Which two practices will you regularly adopt to keep your surrounding clean ?	1
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Answer: The two daily practices to keep surroundings clean are:

- i. Segregate waste and recycle.
- ii. Do not defecate in the open; Use public/private toilets.
- iii. Keep Public toilets clean.