



UNIT 4

Health and Hygiene

Learning Objectives

- ◆ Food and its need for the body
- ◆ Constituents of food: carbohydrates, proteins, fats, vitamins, minerals, water and roughage
- ◆ Significance of vitamins and minerals
- ◆ Factors affecting maintenance of good health
- ◆ The concept of a balanced diet
- ◆ Personal cleanliness
- ◆ Community hygiene
- ◆ Pollution: Air pollution, water pollution and noise pollution
- ◆ Effects of pollution on health
- ◆ Measures to control pollution

Icse Biology Chapter Health And Hygiene

Sabine Zange



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