

6/11/21  
23/11/21

## Ch - Health and Disease Homework

Q1. Why should we not eat polished rice?

ans-1 polished rice is a processed food where it removes various ~~types~~ types of nutrients from food.

Q2. Who discovered the first antibiotic?

ans-1 Alexander  ~~Fleming~~ <sup>Fleming</sup> was accidentally discovered ~~to~~ a substance which can attack certain bacteria.

Q3. Name two diseases caused by animal bites:

ans-1 Taeniasis and filariasis diseases caused by animal bites.

Q4. What bad habits can lead to bad health?

① Lack of vegetables in diet can lead to digestive issues and other health problems.

② Not getting enough sleep.

③ Living in a disease lifestyle.  
like - BP, diabetes, cancer.

④ Forgoing doctor recommended cancer  
like - Breast cancer, Lung cancer.

⑤ Eating lot of fast foods  
~~ex~~ which can cause many  
diseases like - increased of allergies,  
heart diseases, bp.

⑤ Name the nutrient lacking in one's  
diet if a person suffers from.

(i) Hemorrhage - Vitamin K (ii) Dehydration - Sodium

(iii) Paralysis - Potassium (iv) Tooth decay - Vitamin-D

(v) skin diseases - Vitamin - ~~B~~ B<sub>2</sub>