

will help to prevent the diseases caused by them.

HW  
23/11/24

① Why should we not eat polished rice?

Ans- Polished rice is a processed food. Processing of the food destroys and removes various nutrients ~~from~~ from food. Polishing removes vitamins B<sub>1</sub> ~~and~~ from rice. Eating vitamin B deficient polished rice may cause Beri-Beri. Therefore, one should avoid eating polished rice.

② Who discovered the first antibiotic?

Ans- Alexander Fleming discovered the first antibiotic.

③ Name two diseases caused by animal bites.

Ans- The two diseases caused by animal bites are-

→ Rabies (caused by dog bite)

→ Cat Scratch disease (caused by cat bite)

4) What bad habits can lead to bad ~~health~~ health?

Ans - Some of the bad habits that lead to bad health are -

- Biting Nails
- Taking Stimulants
- Addiction to Fast Food
- Eating the cut fruits and vegetables which are kept in open for a long time.
- Eating too much fried vegetables.
- Eating processed food.
- Not taking adequate amount of rest.

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 and fluoride

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