

H.W

1. Why should we not eat polished rice?

Ans → Polished rice is an example of 'processed' food. Processing removes many of the Vitamin B's. Beri-beri is caused by the lack of Vitamin B₁. Therefore, we should not eat 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:-

- (i) Rabies / Hydrophobia
- (ii) Snake poisoning from snake bites

4. What bad habits can lead to bad health?

Ans → Bad habits which can lead to bad health are:-

- (i) Lack of personal hygiene
- (ii) Lack of exercise
- (iii) Eating lot of junk food, alcohol and tobacco.

④

Poor sanitation

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

i. Hemorrhage

Ans → Vitamin K

ii. Dehydration

Ans → Sodium

iii. Paralysis

Ans → Potassium

iv. Tooth decay

Ans → Vitamin D and flourine

v. Skin diseases

Ans → Vitamin B₂