

Homework

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 B. 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: Two diseases caused by animal bites are: Rabies, Filariasis (Elephantiasis)

4- What bad habits can lead to bad health?

Ans: Bad habits can lead to bad health are

- i- Lack of personal hygiene.
- ii- Lack of exercise
- iii- Addiction to fast food, drugs, tobacco, alcohol etc.
- iv- poor sanitation.

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

- i- Haemorrhage: Vitamin K
- ii- Dehydration: Sodium
- iii- Paralysis: Potassium
- iv- Tooth decay: Vitamin D and fluorine
- v- Skin diseases: Vitamin B₂