

H.W
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1. Why should we not eat polished rice?

Ans- Polished rice is a processed food. Processing of food removes various nutrients from food. Polishing remove Vitamin B1 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 was ~~was~~ discovered the first antibiotic.

3. Name two diseases caused by animal bites.

Ans- Two diseases caused by animal bites are - Rabies by dog bite & Snake poisoning by snake bite.

4. What bad habits can lead to bad health?

Ans- The bad habits that can lead to bad health are -

1. Lack of personal hygiene

2. Lack of exercise.

3. Addiction to fast food, drugs, tobacco, alcohol etc.

4. Poor sanitation

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 Fluorine

v) Skin diseases - Vitamin B2

