

Hw

23/11/21

Extra Q/A

- 1) 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) The first antibiotic Penicillin was first discovered in by Alexander Fleming 1928.
 - 3) The two diseases caused by animal bites are Rabies and Hydrophobia.
- A) The bad habits that can cause bad health are:
- Biting of nails
 - Eating junk food
 - Frying and over cooking of vegetables
 - Not doing exercise
 - Washing vegetables and fruits after peeling or cutting them.
- B)
- i) Haemorrhage - Vitamin K
 - ii) Dehydration - Sodium
 - iii) Paralysis - Potassium
 - iv) Tooth decay - Vitamin D and Fluorine
 - v) Skin diseases - Vitamin B₂