

L/W

2/11/24

Q1. Why we should not eat polished rice ?

ans - We should not eat polished rice because polishing removes the necessary vitamin in it like B<sub>1</sub>, zinc etc.

Q2 Who discovered first antibiotic.

ans Alexander Fleming discovered first antibiotic.

Q3 Name two disease that can caused by animal ~~bites~~ bites -

ans Two disease that can caused by animal bites are - Rabies and

Q4 What bad habits can lead to bad health ?

ans <sup>Bad</sup> Habits that can lead to bad health are :-

- i) Biting nails.
- ii) Not taking a proper balanced diet.
- iii) Not taking enough sleep.
- iv) Not taking checkup periodically.
- v) Drinking coffee.
- vi) Not taking care of personal hygiene.
- vii) Smoking.
- viii) Not exercising.
- ix) Not washing hand before taking meal etc.

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

i) ~~Hemorrhage~~ Hemorrhage - vitamin K

- i) Dehydration - Sodium
- ii) paralysis - Potassium
- iii) Tooth decay - Vitamin D and Fluorine
- iv) skin disease - ~~Niacin~~ Vitamin B<sub>2</sub>

### Additional question

1. Disease - Any disorder or abnormal working of an organ part or system of the body leads to illness called as disease.
2. Malnutrition - The condition of nutrition in which the food is either in inadequate quantity or in excess or it lacks in some essential nutrition called malnutrition.

Name the following:

- Q1. Two disease caused by bacteria, protozoa and virus
- ans - Two disease caused by:-  
bacteria - cholera, Pneumonia.  
protozoa - Malaria, amoebiasis.  
virus - chickenpox, AIDS.
- Q2. Organism which causes malaria - protozoa (Plasmodium)