

## FOOD AND HEALTH

D) Answer the following questions:-

Q- What is a balanced diet? Name the components of balanced diet?

Ans-A diet which contains all the nutrients in correct amount for good health and growth is known as a balanced diet.

The five components of balanced diet are carbohydrates, fats, proteins, vitamins and minerals. Though roughage and water are not nutrients but they are essential for a healthy body system.

Q- Discuss any two lifestyle diseases with their symptoms.

Ans- Two lifestyle diseases are:-

1) Obesity- Obesity is caused by eating unhealthy junk food and fatty food.

Symptoms of obesity are:-

- i) Accumulation of excess fat in the body
- ii) Dry and scaly skin

2) Diabetes- Diabetes is caused by obesity and lack of exercise and also due to unhealthy food habits.

Symptoms of Diabetes are:-

- i) Increased thirst
- ii) Frequent urination
- iii) Weight loss or weight gain

Q- Write the adverse effects of junk foods.

Ans- Some adverse effects of junk food are:-

- i) The high fat content in the junk food may lead to unhealthy weight gain.
- ii) The excessive amount of salt and sugar in junk food raises our blood pressure quickly.

Q- What are deficiency diseases? Discuss any two diseases, caused by lack of vitamins.

Ans-The diseases that are caused due to insufficient nutrients in the diet are called deficiency diseases.

Two diseases caused by lack of vitamins are:-

- i) Beri Beri-This disease is caused due to the deficiency of vitamin B. The symptoms of this disease are loss of appetite, loss of weight and nervous disorder.
- ii) Scurvy-This disease is caused due to the deficiency of vitamin C. The symptoms of this disease are bleeding gums, loosening of teeth, loss of weight.

Q-5 What is adulteration of food ? Discuss.

Ans- Adding impurities to food items that affects their quality is called adulteration of food. Adulteration is done to increase the quantity of food items. Addition of adulterants in food can lead to various allergies and diseases.

F) Give reasons:-

1. Eating sprouted pulses is a good and healthy practice.

Ans -The quality of protein in the pulses improves when it is sprouted which in turn helps to maintain a healthy immune system. So eating sprouted pulses is a good and healthy practice.

2. We should avoid eating junk food.

Ans-Junk food contains excessive salt and sugar that raises our blood pressure. The high fat content in junk food may lead to unhealthy weight gain. So we should avoid junk food.

3. Iodised salt should be used in food .

Ans- Iodised salt contains Iodine which is required for the proper functioning of thyroid gland .The lack of Iodine in the diet causes enlarged thyroid and retarded physical and mental growth.

4. Cereals and grains are placed at the bottom of the food pyramid.

Ans- Cereals and grains must form a greater part of the daily diet. So, they are placed at the bottom of the pyramid.

