

## Health and Disease

### Solution 1:

Group 'A'	Group 'B'
(a) lack of calcium	2. brittle bones
(b) lack of phosphorus	1. stunted growth
(c) lack of iron	4. anaemia
(d) lack of iodine	5. goitre

### Solution 2:

- **Vitamin D** is produced under the skin in early morning sunlight.
- Deficiency of vitamin C causes a disease called **scurvy**.
- The substance **nicotine** in tobacco is harmful for both heart and brain.
- Taking intoxicating substances has adverse effects on the **nervous system**.

### Solution 3.a:

Foods such as cod liver oil, shark liver oil, eggs, butter and cow's milk contain vitamin D.

### Solution 3.b:

Lack of calcium in the body makes the bones brittle and wears away the teeth.

### Solution 3.c:

Wheat, jaggery, green leafy vegetables and dates contain plenty of iron.

### Solution 3.d:

The following constituents of food should form a part of the diet of growing girls:

Constituent	Source
Calcium	Milk, milk products, wheat, leafy vegetables, carrots, cabbage, oranges, almonds
Vitamin D	Cod liver oil, shark liver oil, eggs, butter, cow's milk

Iron	Wheat, jaggery, green leafy vegetables, dates
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### **Solution 3.e:**

#### **Effects of taking intoxicating substances:**

1. Cigarettes and bidis contain tobacco. The nicotine in tobacco has damaging effects on the brain and heart. Gases in the tobacco smoke cause damage to the lungs.
2. Smoking deposits tar in the lungs which may cause cancer.
3. Chewing tobacco or gutkha can cause cancer of the mouth.
4. Drinking alcohol or taking drugs such as ganja and opium has harmful effects on the nervous system and may even prove to be fatal in extreme cases.