

01/2010 ab
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Bitter

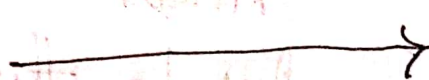
~~Ans~~

Ans to the ques: 01

Yes i think there is a relation between these two things. What we eat doesn't just affect our physical health, it also can affect our mental health and wellbeing. Eating well which means having a balanced diet full of ~~rate~~ vegetables and nutrients can improve your sense of wellbeing and your mood.



Nutrient and
imbalances.



Self medi-
cation

We should have have to maintain
a healthy, balanced diet by
eating good and healthy
food. Sugar limitation should
be reduced. maintain
regular exercise. Above all
we will be have to have
a good mood with good
health.

Ans to no:- 02

Resistance - the ability of the ecosystem to continue to function without change when stressed by disturbance.

Resilience - the ability of the ecosystem to recover from disturbance.

Ecological resilience is the ability of an ecosystem to respond to some kind of disturbance - a measure of how quickly the recover. These disturbances can be natural floods, storms, fire etc. or they can be human-caused climate change, deforestation, agriculture, and overfishing.

Environmental resistance factors are things that limit the growth of population. They include biotic factors like predators, diseases, competition and lack of food as well as abiotic factors like fire, food, and drought. Others cause a slow wind down.

Ans to the ques - 2(a)

Q. Write the name of ecosystems on earth.

* Terrestrial ecosystem

* Forest ecosystem

* Grassland ecosystem

* Desert ecosystem

* Freshwater "

* Marine "

Ans to the ques no:- 03 (b)

We should be aware of fat intake cause it ~~can~~ is a source of essential fatty acids and cholesterol in our body. It have more energy-dense than carbohydrate and proteins which provide 4 calories per gram. So consuming high level of calories can gain weight gain or even being overweight. Which can also give heart disease and stroke.

- * decrease the ~~amount~~ consuming fat food.
- * Try to intake fruits
- * Avoid fat while eating or cooking.
- * Eat more fish and chicken.
- * Bake, ~~boil~~ boil, or grill meats, avoid frying.