

Name: Anuj Sapkota  
Class: 8<sup>th</sup> G  
Roll no: 6  
Subject: HPE

## Mid-Term Exam - 2077

1) → Drugs are the chemical substances which distort reality and adversely effect the functions especially nerves, spinal cord and brain.

→ Any two short term effects of drugs are;

- Head ache, red eyes
- Loss of memory and loss of taste

2. → Reduce

- It means reducing the production of an item.

- We can reduce the use of plastic bags, etc.

Reuse

It means putting an item for a different use after it has fulfilled its original function.

- We can reuse glass bottles, paper, etc.

3. → The chemical present in alcohol is Ethanol.

→ The causes of alcoholism are:

- Lack of care at home.
- Peer pressure.

4. → Scurvy is a malnutritional disease caused due to the deficiency of Vitamin C [ascorbic acid] in daily diet.

①



4. → Any two symptoms of Scurvy are;  
- Loose teeth and weakness.  
- Spongy and bleeding gums.

5. → Malnutrition is a condition of body which results in either inadequate or excessive supply of nutrients resulting in physical and mental disorder.

→ Any two malnutritional diseases are; Scurvy and marasmus.

6. → The different methods to purify water are;  
- Boiling - SODIS method, - Chemical method - Filtration method.

7.

→ Any two harmful consequences of packed food are;

- Loss of appetite and indigestion.

- Nausea, vomiting and lack of sleep.

→ Any two methods to preserve the nutrients while cooking are;

- We should not overcook food.

- We should cover the food ~~while~~ while cooking.

8. → Air pollution is the addition of unwanted harmful and foreign substances in the air which alters the physical and chemical composition of air.

→ Any two air-borne diseases are whooping cough and diphtheria.



9) → Anaemia can be prevented by;

- By eating iron rich food in daily basis.
- Mother should be encouraged for breast feeding.

→ Most women are affected by it ~~as~~ due to their blood loss in menstruation period and in pregnancy, too.

10. Solid waste management is a procedure done by many people all around the globe which helps to control the volume of solid waste and minimize the harmful effects of its unsafe disposal. It is a very important step to the management of waste.