

UNIT: 21 HEALTH AND DISEASES

X. Higher Order Thinking Skills

1.

What is the role of fat in the cause of atherosclerosis?

i). Atherosclerosis, sometimes called "hardening of the arteries," occurs when fat, cholesterol, and other substances build up in the walls of arteries.

ii). These deposits are called plaques. Over time, these plaques can narrow or completely block the arteries and cause problems throughout the body.

iii). Deposition of cholesterol develops slowly over many years beginning from childhood. They may form a fatty streak to fibrous complicated plaque.

iv). It leads to the narrowing of blood vessels leading to atherosclerosis in the large and medium sized arteries in the large and medium sized arteries that supply the heart muscle with oxygen.

v). It leads to sudden ischemia (deficient blood supply to heart muscle) and myocardial infarction (death of the heart muscle tissue).

2.

Eating junk food and consuming soft drinks results in health problems like obesity, still children prefer.

What are the suggestions you would give to avoid children eating junk food/consumption of soft drinks?

i). Keeping children away from fizzy soft drinks and junk food is the need of the hour as both these food types can be detrimental to their physical, social and psychological wellbeing.

ii) Fast foods and aerated drinks directly affect a child's bodily functions. The high fat and high sugar contents in these foods can cause numerous health disorders.

iii). Everything begins and ends at home, so the first step would be to stop stocking up these foods at home and making them into occasional celebratory treats.

iv) Teach kids about the benefits of clean eating and encourage them to eat more unprocessed foods and natural fruits and vegetables

v). In schools, teachers advise parents to send healthy snacks instead of junk food.

vi). We should make a conscious efforts to create awareness about the impact of eating junk food and drinking aerated drinks among children.

3.

**Regular physical exercise is advisable for normal functioning of human body.
What are the advantages of practising exercise in daily life?**

- i). Overall health improves with practising exercise in daily life.**
- ii). It Control weight.**
- iii). It reduce risk of cardiovascular disease, type 2 diabetes, Metabolic syndrome and some cancers.**
- iv). It strength then bones and muscles.**
- v). Improve mental health and mood. Improve your ability to do daily activities and prevent falls.**
- v). It increase our chances of living longer.**

4.

A leading weekly magazine has recently published a survey analysis which says that no of aids patient in the country is increasing day by day.

**The report says that the awareness among the people about aids is still poor.
You are discussing the magazine report in your class decides to help people to fight against the dreadful disease.**

a) What problem you face when trying to educate the people in your village nearby your school ? b) How do you overcome the problem?

(a)

- (i) People in the village may not easily understand the scientific concept and use of vernacular language will be required.**
- (ii) They may not be willing to co operate.**
- (iii) It may be a sensitive issue to educate them regarding safe sex.**

(b)

This problem can be overcome by identifying some responsible people in the Village such as Panchayat body or NGO workers or some educated people who will understand the issue and convince people to cooperate with us. Film shows can be Screened regarding the disease which will have a better impact on the people.

XI.VALUE BASED QUESTIONS

1. Once a person starts taking drugs or alcohol it is difficult to get rid of the habit. why?

- i). Persons who consume these drugs become fully dependent on them .**
 - They cannot live without drugs .**
 - This condition is referred as drug dependence.**

ii). Physical and mental dependence:

Dependence on the drug for normal condition of wellbeing and to maintain physiological state.

iii). Psychological dependence:

Feel that drugs help them to reduce stress.

2.

Men addicted to tobacco lead to oxygen deficiency in their body.

What could be the possible reason?

i). Smoking causes inflammation of throat and bronchi leading to conditions like bronchitis and pulmonary tuberculosis.

ii). It can lead to inflammation of lung alveoli, decrease surface area for gas exchange and cause emphysema.

iii). Carbon monoxide of tobacco smoke binds to haemoglobin of RBC and decreases its oxygen carrying capacity causing hypoxia in body tissues.

Therefore Men addicted to tobacco will suffer oxygen deficiency in their body.

3.

Name any three foods that are to be avoided and included in the diet of a diabetic patient, why should it be followed?

i).Foods to be included in the diet of a diabetic patient are:

- Diet comprising whole grains,**
- Millets(jowar, bajra, ragi)**

ii)• Green leafy vegetables

- Wheat and unpolished rice should be included in diet regularly.**

ii) . These foods are low in carbohydrates content and rich in protein,fibre content.

iii). Foods to be avoided are

- Refined sugars(sucrose and glucose) • Starchy vegetables**
- Fruit juices.**

These foods are rich in carbohydrates, carbohydrates break in to glucose in blood faster than other types of food and raises blood sugar level.

5. How can informational efforts change people's HIV knowledge and behaviour?

Efforts to share information about aids include:

(i) Creating awareness by campaign and educating people on the consequences of AIDS.

(ii) Helping people to gain knowledge about the causes and risk factors regarding the disease. This will help them to prevent the spread of the disease by

(i) Screening of blood from blood banks before transfusion.

(ii) Ensuring that only disposable needles and syringes are used in hospitals and Clinics .

(iii) Advocating measures for safe sex.