

# **Food and Health**

**1. What are Nutrients?**

Ans. Nutrients are compounds in foods essential to life and health, providing energy.

**2. What are the benefits of drinking water?**

Ans. We must drink 6-8 glasses of water daily because it is a major part of the blood. It helps to maintain the body temperature. Water also plays an important role in digestion.

**3. What is Roughage?**

Ans. Roughage is the fibre present in the food we eat. It cannot be digested but it helps to eliminate waste from the body.

Apples, Guavas, and green leafy vegetables are rich in fibre.

**4. What is Balance Diet?**

Ans. A balance Diet is a diet that contains all the nutrients water, and roughage in the right proportion.

**5. What are Diseases?**

Ans. Diseases refers to any condition in which the body is not able to function properly.

Diseases can be divided into two categories

- a. Communicable Diseases
- b. Non-Communicable Diseases.

**6. What are Communicable Diseases?**

Ans. Diseases which are caused by germs and can be passed on from a sick person to healthy person are called Communicable Diseases.

**7. What are Microbes?**

Ans. The disease-causing germs are so small that they can be seen only under Microscope. Therefore, these Germs are called Microorganisms or microbes.

**8. Microbes are of how many types?**

Ans. Microbes are four types: Bacteria, Fungi, Protozoa, and virus.

**9. Which diseases are caused by Bacteria?**

Ans. Cholera, Plague, Meningitis, Tetanus, Typhoid, Tuberculosis.

**10. Which diseases are caused by Viruses?**

Ans. Common Cold, Chicken Pox, Influenza, Measles, Rabies, AIDs, Polio.

**11. Which diseases are caused by Protozoa?**

Ans. Malaria, Dysentery

**12. Which diseases are caused by Fungi?**

Ans. Athlete's Foot, Ringworm infection.

**13. In how many ways Communicable Diseases are spread?**

Ans. Communicable Diseases spread in four ways-

- a. Through Contact
- b. Through Air
- c. Through Insects
- d. By having infected food and water.

**14. How Diseases are spread through Contact?**

Ans. Diseases such as common cold, chicken pox, measles, whooping cough infection spread through contact. They can spread by soap, towels, combs, clothes, bedding and utensils which have been used by a person suffering from these diseases.

**15. How Diseases are spread through air?**

Ans. Some Diseases such as common cold, cough, flu, Fivers etc. are caused when a healthy person breathes in air which has germs of those diseases. When infected person coughs, sneezes or spits, the germs of these diseases mix into the air. When healthy people breathe in this air, they get infected.

**16. How Diseases are spread through Insects?**

Ans. Malaria, Dengue, Plague, Yellow Fever, sleeping sickness and kala azar are diseases caused by the bite of insects such as bugs, mosquitoes, flies, sandflies etc. these insects carry the germs and when they bite a healthy person they pass on the germs.

**17. How diseases should spread through infected food and water?**

Ans. Cholera, Diarrhea, food poisoning, jaundice, typhoid, tuberculosis and dysentery are caused by having contaminated food and water. The carriers of germs are mostly houseflies. They carry the germs from garbage and sewers and deposit them on uncovered food and other things. Therefore, should eat food which is covered and prepared with clean hands, in clean utensils and under hygienic condition.

**18. How can we prevent the spread of germs?**

Ans. Through the following steps we can prevent the spread of germs:

- a. The infected or sick person should be kept isolated from other people in the house.
- b. Combs, Soaps, Towels, Utensils, and clothes of the sick person should be kept separated.
- c. Clothes should be properly disinfected.
- d. When the patient recovers, overall surroundings including the linen, curtains, carpet, and bedding should be disinfected.
- e. Children who are sick must come to school only when they have fully recovered.
- f. The local health officer should be informed so that future spread of the diseases could be checked.

**19. How can we prevent breeding and growth of germs?**

Ans. To prevent breeding and growth of germs we will have to maintain following steps:

- a. Houses should be well-ventilated with plenty of sunlight. Sunlight helps to destroy germs.
- b. Rooms should have doors and windows with wire netting to prevent insects from entering.
- c. Clothes and Bedding should be exposed to sunlight periodically.
- d. Food and water should be kept covered
- e. Toilets and Bathrooms should be cleaned regularly with disinfectants.
- f. Dustbins should be covered and surroundings should be kept clean. No garbage should be littered around or water left to stagnate.

**20. What are Vaccines?**

Ans. Vaccines are substances that help out body to fight against certain degases-causing germs.

**21. What is Vaccination?**

Ans. Vaccines can either be injected into the blood stream or can be given in the form of oral drops. The process of giving vaccination.

**22. What are Non-Commonable Diseases?**

Ans. Diseases which are caused by reasons other than germs are called Non-infectious Diseases or Non-Commonable Diseases.

High Blood Pressure, Heart Attacks, Irritation are the examples of Non-Commonable Diseases.

**23. What are Deficiency Diseases?**

Ans. Diseases caused by an insufficient quantity of nutrients in one's diet are called Deficiency Diseases.

These diseases are non-communicable.

Some common Deficiency Diseases are

- a. Marasmus
- b. Night Blindness
- c. Kwashiorkor

**24. Due to deficiency of which nutrients Marasmus diseases can occur?**

Ans. Due to deficiency of Portions and Carbohydrates Marasmus diseases can occur.

**25. What are the symptoms of Marasmus?**

Ans. The symptoms of Marasmus are

- a. Poor growth and tires easily.
- b. Dry and wrinkled skin.
- c. Retarded mental growth.
- d. Repeated diarrhea and disorders of the digestive system.

**26. To prevent Marasmus which type of food can be taken?**

Ans. Wheat, Soybean, Eggs Sugar, Potatoes, Gram, Fish, Meat etc. can prevent Marasmus.

**27. Due to deficiency of which nutrients Kwashiorkor diseases can occur?**

Ans. Due to deficiency of Proteins and Carbohydrates Kwashiorkor diseases can occur.

**28. What are the symptoms of Kwashiorkor?**

Ans. The symptoms of Kwashiorkor are

- a. Loss of appetite.
- b. Swilling of the legs
- c. Enlarged liver
- d. Stunted growth

**29. To prevent Night blindness which type of food can be taken?**

Ans. Skimmed milk, porridge, pulses, eggs, sugar, Potatoes etc. can prevent Kwashiorkor.

**30. Due to deficiency of which nutrients Anemia can occur?**

Ans. Due to deficiency of Iron Anemia can occur.

**31. What are the symptoms of Anemia?**

Ans. The main symptoms of Anemia are

- a. Less hemoglobin in the blood
- b. Pale look and tires easily.

**32. To prevent Anemia which type of food can be taken?**

Ans. Apples, Spinach can prevent Anemia.

**33. Due to deficiency of which nutrients Rickets can occur?**

Ans. Due to deficiency of Vitamin D Rickets can occur.

**34. What are the symptoms of Rickets?**

Ans. The symptoms of Rickets are

- a. Soft and deformed bones
- b. Pigeon chested

**35. To prevent Rickets which type of food can be taken?**

Ans. Milk, fish, meat, cod- liver oil, butter, eggs can prevent Rickets.

**36. Due to deficiency of which nutrients Beriberi can occur?**

Ans. Due to deficiency of Vitamin B Beriberi can occur.

**37. What are the symptoms of Beriberi?**

Ans. The symptoms of Beriberi are

- a. Disorder of nerves
- b. Weight less.

**38. To prevent Beriberi which type of food can be taken?**

Ans. Milk, Eggs, Nuts, Green leafy vegetables, Cereals etc. can prevent Beriberi.

**39. Due to deficiency of which nutrients Scurvy can occur?**

Ans. Due to deficiency of Vitamin C Scurvy can occur.

**40. What are the symptoms of Scurvy?**

Ans. The symptoms of Scurvy are

- a. Swollen and bleeding gums
- b. Fatigue

**41. To prevent Scurvy which type of food can be taken?**

Ans. Citrus fruits, Green leafy vegetables, Cabbage etc. can prevent Scurvy.

**42. Due to deficiency of which nutrients Goiter can occur?**

Ans. Due to deficiency of Iodine Goiter can occur.

**43. What are the symptoms of Goiter?**

Ans. The symptoms of Goiter are swelling in the neck.

**44. To prevent Goiter which type of food can be taken?**

Ans. Seafood, Iodized salts etc. can prevent Goiter.

**45. Due to deficiency of which nutrients Osteopenia and Osteoporosis can occur?**

Ans. Due to deficiency of Calcium and Phosphorus Osteopenia and Osteoporosis can occur.

**46. What are the symptoms of Osteopenia and Osteoporosis?**

Ans. The symptoms of Osteopenia and Osteoporosis is weak bones and teeth

**47. To prevent Osteopenia and Osteoporosis which type of food can be taken?**

Ans. Milk, Butter, Meat, Fish etc. can prevent Osteopenia and Osteoporosis.

**48. What are Allergies?**

Ans. Allergy is an unfavorable reaction of the body to otherwise harmless agents.

**49. Why people effected by Allergies?**

Ans. Some people get several bout of cold when exposed to dust or pollens present in the air. Some people are allergic to certain eatables such as groundnuts and eggs. Some people are also allergic to the use of cosmetics. Asthma is an allergic condition which causes difficulty in breathing.

**50. What are the benefits of Exercise and rest?**

Ans. To keep the body fit and healthy, it is important to exercise, walk or play games.

These make our muscles strong. Exercising makes our heart beat faster, increasing our blood circulation.

Rest helps to refresh a tired body. Remember, a good health is life's most valuable gift.

To stay healthy, eat a balance diet, exercise and take adequate rest.