



FOOD AND HEALTH

Question-Answer (Part-2)



5. Name any two deficiency diseases and their causes.

⇒ Two deficiency diseases are -

- Night blindness
- Beriberi

* Night blindness is caused by lack of vitamin A which we get from green leafy vegetables, milk, papaya, carrots, fish, egg, mango etc.

* Beriberi is caused by lack of vitamin B₁ which we get from milk, meat, green vegetables, brown rice, cereals etc.

6. What is food adulteration?

⇒ Any substance added to a food item to reduce its quality in order to increase its quantity is called an adulterant. This act of addition of the adulterant in food item is known as food adulteration.

7. Explain the different components of food.

⇒ The components of food are carbohydrates, proteins, fats, vitamins and minerals. Also food contains water and dietary fibres which are needed by human body.

- Carbohydrates act as the main source of energy for the active brain. It includes breads, fruits, grains, sugars and vegetables.

- Protein is the main structural component of cells and helps in building the body tissue. Some of the protein sources like low-fat meat, beans, eggs should be consumed.

- Fat is a source of energy that is called energy giving food. Consume healthy sources like walnuts, fish, vegetable-based oils for development and growth.

- Vitamin is called protective food. It protects us against diseases. Sources like green vegetables and fruits should be consumed.

- Minerals are also called protective food. Bananas, tomatoes and potatoes are rich sources of minerals.

8. What is meant by deficiency diseases?
What causes them? How can they be prevented?

⇒ Diseases that are caused due to lack of one or more nutrients in the diet are known as deficiency diseases.

▣ Cause :- Many deficiency diseases are caused due to the lack of vitamins and minerals in our daily diet.

▣ Prevention :- The deficiency diseases can be prevented in the following manner :-

- Eating simple, wholesome food such as groundnut, soybean, pulses etc.
- Prolonged cooking and undercooked food lose its nutritional value.
- Increase the nutritional value of food.

9. What are lifestyle-related diseases?

Explain with examples.

⇒ Diseases that are caused partly by unhealthy behaviours and partly by other factors such as poor food habits and poor lifestyle is known as lifestyle-related diseases.

Lifestyle diseases include atherosclerosis, heart disease, and stroke, obesity and type 2 diabetes. And eating too much salt and processed food can also lead to high blood pressure. Diseases associated with smoking and alcohol and drug abuse.

10. Mention any four ways in which food might get adulterated. What can be done to prevent consumption of adulterated food?

⇒ • Water and starch are added to milk to increase the quantity and make it thicker.

• Brick powder is added to chilli powder.

• Animal fats, vegetable oil are added to Ghee.

• Chalk powder is added to sugar.

☒ To prevent consumption of adulterated food we must be aware and alert at all times. When we buy food items, we must ensure they are safe and healthy. Avoid choosing products in loose packaging. And also avoid unhygienic street food.