

6 Write a short note on Kwashiorkor & Marasmus.

⇒ Kwashiorkor: It is a disease caused due to deficiency of proteins in the diet for a long period of time. It is common among children between ages of 1 & 15 years.

Symptoms:

- i) Stunted growth
- ii) Swelling growth
- iii) Discolouration of hair
- iv) Scaly & dry skin
- v) Diarrhoea
- vi) Protruding belly

Marasmus: Marasmus is a disease occurs due to the deficiency of proteins & carbohydrates in the diet for a long period of time. It generally affects the children below the age of 1 year.

Symptoms:

- i) children become very lean & thin.
- ii) Dry & wrinkle skin.

7 Write the functions of protein.

⇒ Functions of protein are:-

- i) proteins are body building food.
- ii) It makes our muscles, skin, hair and nails healthy.
- iii) It helps in the formation of red pigment in blood.
- iv) It helps in clotting of food.
- v) It helps to develop the resistance against infection.

8 Why should we eat varieties of food and not just the food that we like?

⇒ We should eat a variety of food items so that we get all the nutrients in right amount. If we have only that food which we like then we may not get all the nutrients required ~~to~~ which may result in deficiency diseases.

9 Why parents are advised to discourage to eat chips and junk foods?

⇒ Parents are advised to discourage their children to eat chips and junk foods due to its high fat contains and low nutritional value.

10) Why vegetables shouldn't be washed after cutting?

⇒ Vegetables shouldn't be washed after cutting because the skins of many vegetables contain vitamins and minerals, which will be washed away.

Food be cooked in just enough water, so, that excess water don't have to be thrown away, as it contains vitamins and minerals. Food shouldn't be reheated again and again as the nutrients get destroyed by too much of heating.

11) Rahul is a 6 years old growing child. He only drinks milk. Will this help him to grow well? Give reason.

⇒ NO, milk is a complete food as it contains almost every nutrients required for the growth of the body. But it does not mean that Rahul can stay healthy by drinking milk only because it contains certain amount of these

nutrients and his
be different.

body requirement may