

HOME SCIENCE

Q 1: What is a balanced diet?

Ans: A balanced diet is a diet which contains sufficient amount of various nutrients (carbohydrates, proteins, fats, vitamins and minerals) and fibre in adequate proportion to ensure good health. Food should also provide adequate amount of energy and water.

Q 2: How do you maintain the nutritive value of vegetables?

Ans: Vegetables should be washed and then cut into pieces in order to retain their nutritive value as some water soluble vitamins and minerals get washed away with water.

Q 3: What is the importance of fibre in the daily diet?

Ans: Fibre is essential in the daily diet because it helps in proper digestion, it lowers blood cholesterol level, helps control diabetes and also helps check a persons weight.

Q 4: What is the importance of iodine in the daily diet?

Ans: Iodine is essential for the functioning of the master gland of our body i.e. the thyroid gland deficiency. Physical symptoms of Iodine Deficiency can include dry, scaly skin, fatigue, constipation, unusual weight gain, impaired thyroid operation, goiters, decreased fertility, increased rate of stillbirth, and severe growth abnormalities.

Q 5: Which is better polished or unpolished rice?

Ans: Unpolished rice should be preferred to polished rice because removing of the bran of rice results in the removal of many essential vitamins from the aleurone layer.

Q 6: What are the foods that a woman needs to eat during the period of pregnancy?

Ans: A pregnant lady needs to cater to the nutritional demands of not only hers but also of the foetus growing inside her. Her diet should be rich in terms of quality and not quantity. She needs to eat food rich in iron and folic acid for proper blood formation.

Q 7: How can one prevent Fe- deficiency anaemia?

Ans: Iron deficiency anaemia can be prevented by the consumption of iron rich food such as green leafy vegetables- amaranthus, colocasia, plaintain flower and meat, fish, etc.

Q 8: What disease is caused by the deficiency of Vitamin- A and how can it be prevented?

Ans: Vitamin A, a fat-soluble vitamin, is involved in the formation and maintenance of healthy skin, hair, and mucous membranes. Vitamin A helps us to see in dim light and is necessary for proper bone growth, tooth development, and reproduction. Consumption of foods rich in vitamin A such as orange fruits

and vegetables, cereals and other grain products, milk, meat and fish helps prevent diseases caused by deficiency of this vitamin.

Q 9: What disease is caused by the deficiency of Vitamin- B and how can it be prevented?

Ans: The vitamin B complex boosts metabolic function; promotes skin and muscle tone; boosts the immune and nervous systems; and promotes cellular metabolism, growth, and division. The vitamin B complex promotes cardiovascular health, improves energy, and helps prevent depression. Deficiencies in certain B vitamins can result in such illnesses as beri-beri, anaemia, heart disease, and birth defects. Vitamin B is water-soluble, so it must be replenished every day through the diet or supplements. There are many foods rich in vitamin B. Some natural sources include bananas, potatoes, lentils, other whole grains, chilli peppers, green vegetables, eggs, dairy products, and meats including turkey and liver. Brewer's yeast used to make bread and beer, is an excellent source of Vitamin B. Any food or beverage made with brewer's yeast is rich in vitamin B.

Q 10: What disease is caused by the deficiency of Vitamin- C and how can it be prevented?

Ans: Vitamin C, a water-soluble vitamin, is important in forming collagen, a protein that gives structure to bones, cartilage, muscle, and blood vessels. It also helps to maintain capillaries, bones, and teeth and aids in the absorption of iron. Fruits such as grapefruit, mandarin, cabbage, chillies, guava

Q 11: What disease is caused by the deficiency of Vitamin- D and how can it be prevented?

Ans: Deficiency of vitamin D causes rickets. Fish liver oil, milk and milk products. Exposing yourself to sunlight is the most important source of vitamin D because sunlight is far more likely to provide you with your vitamin D requirement than food is.

Q 12: What disease is caused by the deficiency of Vitamin- E and how can it be prevented?

Ans: It takes care of your lungs and also aids in formation of red blood cells. Good sources of vitamin E are: whole grains, such as wheat and oats, leafy green vegetables, egg yolks, nuts etc.

Q 13: What disease is caused by the deficiency of Vitamin- K and how can it be prevented?

Ans: Vitamin K helps in the maintenance of normal levels of the blood clotting proteins. Good sources of vitamin K are: leafy green vegetables, dairy products, like milk and yogurt, pork etc.

Q 14: What are the commonly used preservatives?

Ans: Commonly used preservatives are salt, sugar, citric acid, acetic acid and meta-bisulphate

Q 15: How can the shelflife of home made pickles be increased?

Ans: Shelf life of home made pickles can be increased by maintaining proper hygiene while handling the product. The pickle should not come in contact with water, soiled spoons, dirty hands, the container in which the pickle is stored should be clean and dry.

Q 16: What preserves can be made from peach?

Ans: Peach can be processed to make pickle, jam and candy.

Q 17: What preserves can be made from ginger?

Ans: Ginger can be processed to make pickles, candy, ginger ales, dry ginger powder, etc.

Q 18: What preserves can be made from mushroom?

Ans: Mushroom can be processed to make dried mushroom, pickles, dry mushroom powder for soups, etc.

Q 19: What is the use of making pickles, squash and different preserves from the economic point of view?

Ans: If the cost of processing at home (raw materials, fuel, labour) is calculated and compared with the cost of procuring ready made bottles is tallied, it is found that the cost incurred in making the product at home is much lower as compared to the cost of buying the same number of bottles from the market.

Q 20: What should be the components of a nutritional garden?

Ans: A nutrition garden should include roots and tubers, green leafy vegetables, cucurbits, tomato, peas, beans etc. The main purpose of the nutrition garden should be to provide overall nutrition to the entire family and if possible also generate some income.