

30 / 12 / 2024

Day: Monday

GSA 1
TEST - 01
Batch - 59**QUESTION 3**

A) What is balanced diet?
Explain its merits.

Balanced Diet :

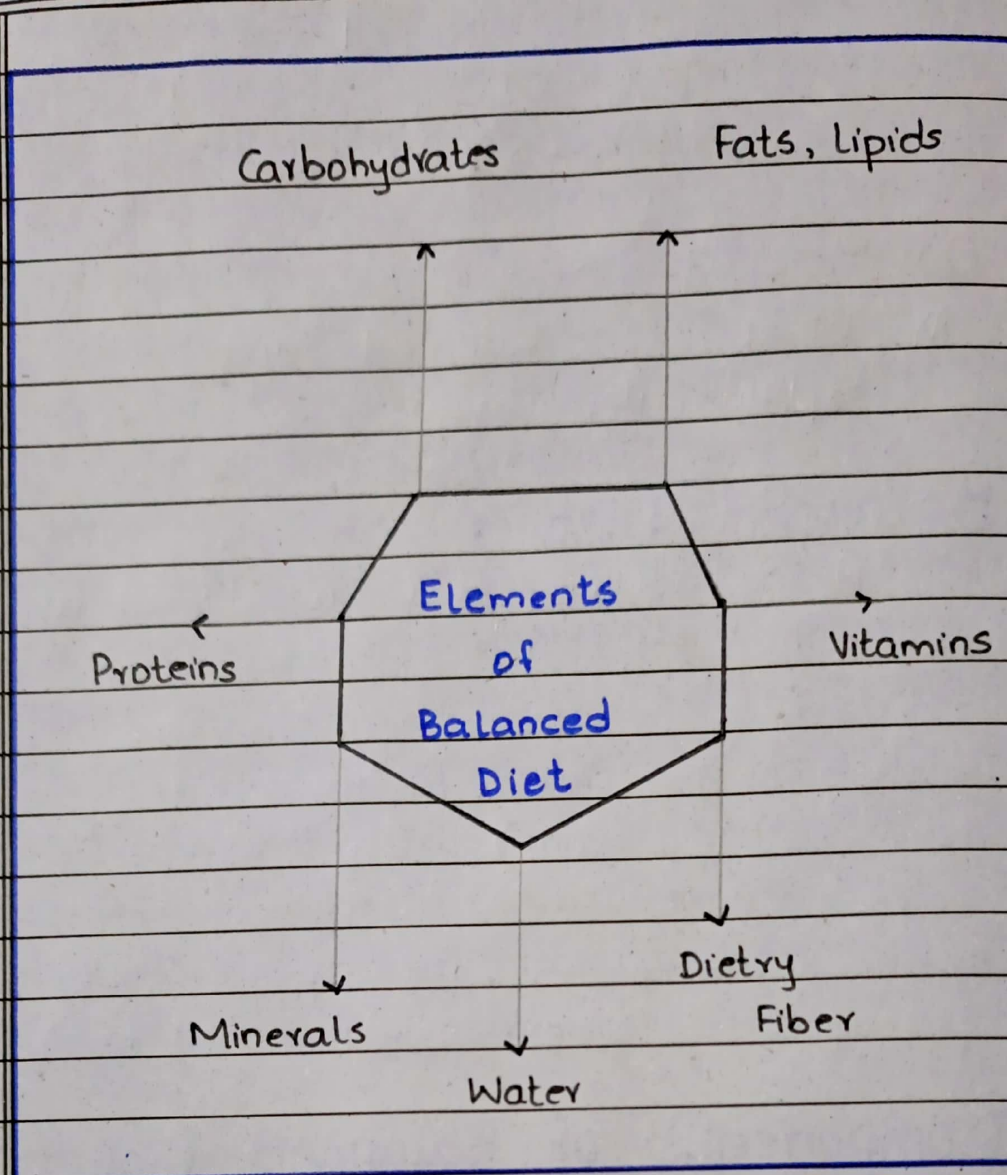
A balanced diet is defined as:

A diet that includes food from every essential five groups (milk, pulses, cereals, meat, beans) with the goal to achieve seven essential nutrients (carbohydrates, fats, proteins, vitamins, minerals, water and fiber).

Components of Balanced Diet :

Balanced diet does not only entails the all essential food groups rather the equal and required amount of energy, varying from individual to individual.

3:20 The energy requirement differs depending upon the age, weight, metabolism, race and colour of every individual. Thus, the basic purpose is unique (similar) to the every individual but the right amount and quantity differs.

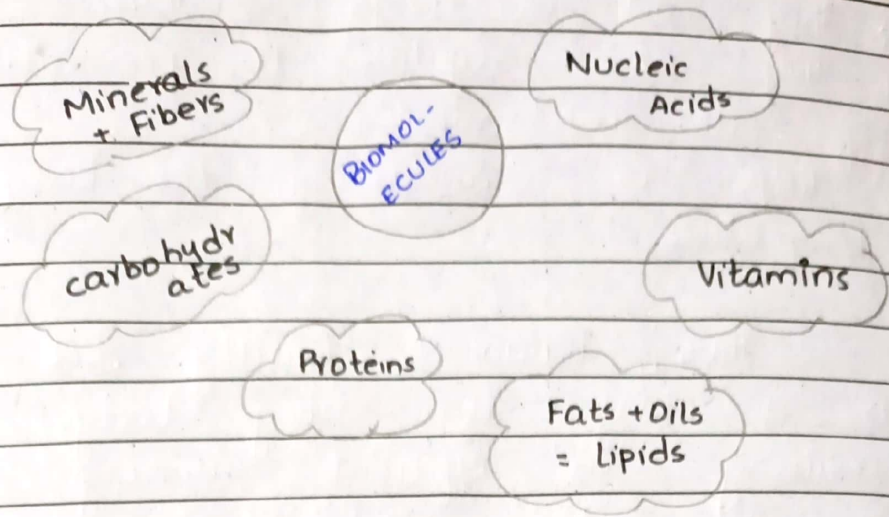


These components for a balanced diet are collectively called as biomolecules.

Biomolecules :

The carbohydrates, fats, proteins, vitamins are among the essential of life and called to be the macromolecules, while primary and secondary dieties are micromolecules.

They serve as one unitary whole for the proper functioning of human body. They are made up of carbon, hydrogen, oxygen, nitrogen, phosphorus, sulphur, potassium.



Benefits of Balanced Diet :

The right proportion of healthy food in daily life is essential for the vast range of reasons. It is evident from the famous philosopher, who said :

Let thy food be thy medicine.
~ Hippocrates

The merits are as follows :

1. Essential for growth and development
2. Essential for proper functioning of human body.
3. Improves and maintain heart rate and metabolism.
4. Effective in body's strength of bones and muscles.
5. Reduces hair fall, impairment of nails and improves skin
6. It helps the body to fight against foreign invasion / attack.

Ghazi Papers

8. They act as energy reservoirs
9. They also regulate the permeability of cell membrane
10. Helps in maintaining the body temperature

Thus, balanced healthy diet is a way to strong body resulting in efficient running of all systems. Carbohydrates providing 3.9 calory of energy per gram, proteins as 4.1 and lipids provide 3.2 calories energy per gram.

A sound mind in
a sound body.
~ Thales

4.00

c) Highlight the weaknesses of DRM in Pakistan.

Disaster Management System :

The process of organizing and managing the resources and responsibilities, for the humanitarian aspects of emergency, following preparedness, response and recovery phases in order to reduce the impact of disasters, is called Disaster Management

- DMS

- Cycle

- Phases

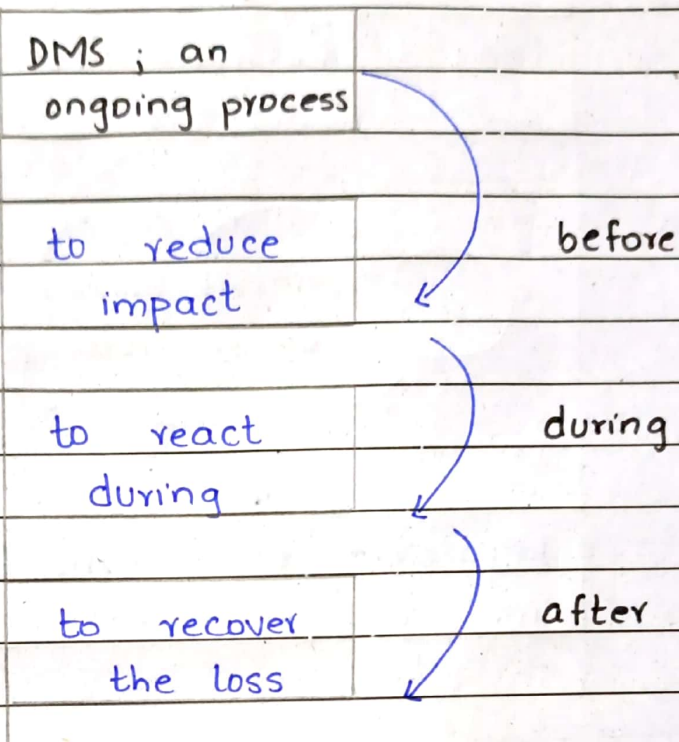
- DRM

- Pak

- flaws

Disaster Management Cycle :

The risk of any disaster is unpredictable, so the necessary steps to follow are essential.



These follow in form of a cycle, that is continuous and needs consistent effort. The precautionary steps; before the occurrence, ways to deal; during the disaster and the effects and loss after it.

Disaster Management in Pakistan :

The risk and threat of any natural hazard is unknown and undecided. The relevant bodies are established to deal with such activity. In Pakistan, after the deadliest and worst earthquake in North in October 2005, led to the creation of such working bodies.

National Disaster
Management Authority



Body to facilitate implement-
ation of disaster managment

Provincial Disaster
Management Authority



Responsible to coordinate with
ministries and departments

District Disaster
Management
Authority



Responsible to implement policies
and plans for emergency
response

Drawbacks of DRM in Pakistan :

1. Disaster management policy follows strategic biasness
2. They are dealt at basic and isolated levels.

3. Disaster management resources are under-developed, under-resourced.
4. The staff employed is also untrained.
5. There is great gap between the know-how of phases of DRM.
6. There is no long-term plan or strategies to be adopted.
7. The primary focus is always on after disaster i.e. rescue and relief.

Thus, Pakistan needs to form an integrated approach and disaster management bodies be well-equipped, experienced and properly researched that must be focused on long-term sustainable plans.

D) Write short note on carbohydrates.

Carbohydrates :

Carbohydrates are the main source of energy for body. It is composed of organic compounds with formula $C_n(H_2O)_n$, containing carbon, hydrogen and oxygen. They carry about 3.9 calories of energy per gram.

The diverse classification of carbohydrates is as follows :

CARBOHYDRATES

SIMPLE

Mono saccharide

- trioses
- tetroses
- pentoses

Oligo saccharide

- trisac
- tetra saccharide
- penta saccharide

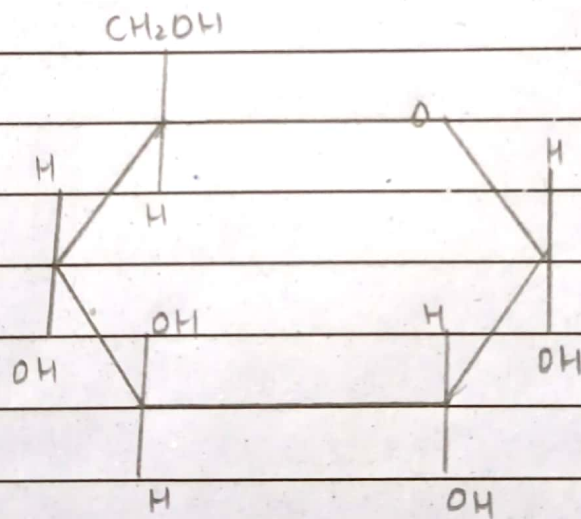
COMPLEX

polysaccharide

- homo
 - starch
 - glycogen
- hetero
 - chondroitin

FUNCTIONS OF CARBOHYDRATES :

1. Carbohydrates form structural and protective components
2. They help in regulation of nerve tissues
3. Carbohydrates are constituents of connective tissue
4. They are involved in cell-cell communication and biological transport
5. Carbohydrates rich in fiber, helps to prevent constipation.



∴ GLUCOSE