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Q. No. 1

Please Discuss & be focussed during discussion class. overall good effort.

(a) Answer:Definition Vaccine:

A method of stimulating resistance in the human body to specific disease causing micro organisms such as bacteria or viruses is called Vaccination ✓

Define Antibiotics:

Antibiotics are chemical compounds used to kill the growth of infectious organisms.

Differences between vaccine and Antibiotics:

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Antibiotics

- These are the medicines which kill microorganism.
- These are prescribed by the doctor after any disease.

Vaccine

- These are weakend microorganism which can cause disease but not upto very extreme level due to weakening.

- This provides protection for a short period of time.

- The first antibiotic was discovered by Dr. Alexander Fleming

- e.g.: Streptomycin, Erythromycin

- These are given as a prior preparation in order to make antibodies in the body for certain diseases.

- This provides protection for a long period of time because they produce antibodies which have memory within them.

- Concept of vaccination was introduced by Dr. Edward Jenner

- e.g.: Polio drops, measles vaccine.

(B)

Answer:

Cyclones

- cyclones refer to powerful rotation storm systems in the Indian Ocean and South Pacific.
- cyclones and typhoons are formed due to warm ocean waters and atmospheric conditions developing into intense low pressure systems.
- cyclones are typically named by the meteorological agencies of the affected countries.

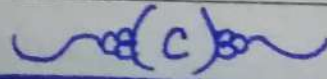
Typhoons:

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- Typhoons are the same phenomena like cyclones but occur in the ~~Indian Ocean~~ Northwest Pacific.
- cyclones and typhoons are atmospheric phenomena characterized by strong winds and heavy rainfall, causing extensive damage on land.
- Typhoons are named by the Japan Meteorological Agency.

Tsunamis:

- Tsunamis on the other hand are oceanic seismic sea waves triggered by underwater earthquakes or volcanic eruptions.
- Tsunamis are caused by underwater geological disturbance such as earthquakes landslides or volcanic activity.

Answer:Def:

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Galaxy is a large gravitation bound system of stars, interstellar dust, nebulae, stellar remnants usually with a central supermassive black hole.

Types:

There are three types of galaxy

- ① spiral
- ② elliptical
- ③ irregular

Characteristics of Galaxies:

- Galaxies range in size from dwarfs with just a few thousand stars to giants with one hundred trillion stars each orbiting their galaxy's own center of mass.
- Many galaxies are thought to have black holes at their active centers.
- Milky way and Andromeda are the examples of galaxy

Q. No. 2

Q. No. 2

Answer:

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Good Fats

(unsaturated Fats)

- Lowers bad cholesterol
- Lowers heart disease risk
- Provides essential fats your body needs

Bad Fats

(Saturated Fats)

- Increase bad cholesterol
- increases heart disease
- Negatively affect Brain function

e.g: salmon, olive
oil ✓

e.g: Red meat, Palm
oil, Fried & Frozen
Food ✓

(B)

Answers:

1: Vitamin B-complex:

- (i) Help in proper nervous system functions
- (ii) Improve skin, ✓ hair, nails
- (iii) produce red blood cell ✓
- (iv) Improve liver ✓ function
- (v) Helps in cell ✓ growth and development

2- Vitamin E:

- (i) Improves ✓ vision
- (ii) Balances ✓ hormones
- (iii) Improves ✓ effects of medical treatment
- (iv) Improves physical ✓ endurance and muscle strength ✓
- (v) Balances ✓ cholesterol

3- Vitamin D:

- (i) Fights infections, such as colds and flu
- (ii) Naturally boosts the immune system
- (iii) Increase energy level
- (iv) Improves bone health ✓
- (v) Aids in calcium absorption ✓

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4- Iron:

- (i) Iron helps to transport oxygen around the body ✓
- (ii) Iron plays role in energy metabolism.
- (iii) may improve sports performance
- (iv) prevents anemia ✓
- (v) Helps regulate body temperature.

Q. Drying

Answer:

Drying:

Drying ✓ is the oldest method. It is done by sun drying or Air drying. It ✓ is removal of water from the food.

Freezing and cooling:

Freezing and cooling are the best method of food preservation. Help in stopping the growth of Bacteria present in raw material.

Salting and Pickling:

Salting stops bacterial growth and it is oldest method. It is used to preserve fishes, meats etc.

Canning:

Canning means to keep food in containers. Canning can be done to meats, fruits etc.

Sugar Syrup:

Sugar preservation method is mainly used for preserving fruits for a long time. Sugar syrup stops the microbial growth.