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Discuss

Q. Differentiate between good fats and bad fats.

Ans: Lipids are the organic compounds which are essential for human over all health. There are two types of lipids;

Oils

Fats

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- liquid at 25°C.
- Usually extracted from plants.
- Essential oils are mustard and olive oils.

- Solid at 25°C.
- Usually extracted from animals.
- Essential fat is cholesterol.

Good Fats:

Bad Fats:

- High density fats (HDF)
- eg; Omega-3, Omega-6.

- Low density fats (LDF)
- Very low density fats (VLDF)

Sources of fats: Fish, meat, butter, milk, cheese, nuts; etc.

Importance of fats:

- Deficiency may cause depression, weakness.
- Fats are essential for organs (internal) protection, over all important for well-being.

(B) 5 uses of Vitamin B-complex, Vitamin E and D, Iron.

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Ans: Uses of Vitamin B-Complex; Vitamin

(1) B<sub>1</sub>: It is essential for the digestion of carbohydrates.  
↳ (Thiamine)

(2) B<sub>2</sub>: Essential for the digestion of proteins.  
↳ (Riboflavin)

B<sub>3</sub>: Helpful in metabolism.

B<sub>6</sub>: Important for CNS and digestion.

B<sub>5</sub>: Essential for the nucleic acid.

B<sub>8</sub>: Important for nails, skin and hair growth.  
↳ (Biotin)

B<sub>9</sub>: Essential for blood formation.  
↳ (Folic acid)

(2) Uses of Vitamin E :-

Vitamin E is essential for the fertility, sexual health, heals

(3) Uses of Vitamin D :-

It is important for the bones and teeth.

(4) Uses of Iron :-

Iron is essential for the RBCs or blood formation.

(C) Five methods of food preservation.

Ans: Food preservation is a method to prevent food spoilage. Several methods have been used since ancient times.

(1) Freezing :-

Freezing food is one of the oldest methods to preserve food for the longer time. Such as meat can be refrigerated up to the months.

(2) Sugaring :- Sugaring food such as 'pickles' is one of the methods of food preservation.

(3) Salting :- Food is being salted for secure it from spoil.

(4) Drying :- Drying food like grapes, apricot and several other foods in order to keep it for longer time.

(5) Fermentation :-

It is a natural process through which microorganisms are converted into acids (acids and alcohols) which give different taste to food and preserve it for longer time.

# Q. Short note on Galaxy.

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Ans: Galaxy is a technical term which is used to indicate the outer space of the universe.

The galaxy contains countless stars including sun, moons, planets, asteroids and meteoroids and so on.

Our (Earth) galaxy is called (Milky way).

There are three basic types of galaxies, Elliptical, Spiral and Irregular.

(A) Define Vaccine and Antibiotic.  
Give differences between them.

Ans: Vaccine	Antibiotic
<ul style="list-style-type: none"> <li>• Vaccines are the chemicals use to prevent diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• Antibiotics are the drugs to treat diseases.</li> </ul>
<ul style="list-style-type: none"> <li>• They are use to boost immunity by giving external antibodies.</li> </ul>	<ul style="list-style-type: none"> <li>• They are use to kill bacteria.</li> </ul>
<ul style="list-style-type: none"> <li>• Effective on bacteria.</li> </ul>	<ul style="list-style-type: none"> <li>• They are infective on viruses.</li> </ul>
<ul style="list-style-type: none"> <li>• They are safe to use but not reliable.</li> </ul>	<ul style="list-style-type: none"> <li>• They are reliable to treat bacterial diseases but also have many side-effects.</li> </ul>
<ul style="list-style-type: none"> <li>• Based on the passive immunity system of human body.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not have relation with immunity of human body.</li> </ul>

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