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GSA Test-1

be in discussion
class.

Question 2

D Explain any five food Preservation methods.

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Answer

There are two types of foods Preservation method.

- i) Modern food preservation Method
- ii) Ancient Food Preservation Method
- i) Modern Method
- a) Freezing

Currently, freezing is the most important method in the world. Foods such as milk, vegetables and other things are frozen in the freezer. When these things are cooled, worms or insects do not affect them. Therefore things are saved.

b) Dehydration:-

Dehydration is another modern method for food preservation.

In dehydration, some machinery is used for drying the foods in normal temperature. Foods are dried in sun heat or

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or other temperature.

ii) ~~(ii)~~ Ancient method for food preservation

i) Using salt

In ancient method, we use salt for preserving the foods. Meat, vegetables and other foods are saved for long time to use salt.

ii) Dry method

✓ Dry of foods is another food preserving method which is ^{also} being used today. Dry fruits, such as peach, apricot are dried in sun heat, which can use for long time.

iii) Burying method

In ancient era people used burying method for food preservation. They used dig a hole and put into food with paper which were saved for long time.

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C) Answer:-

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(1) Food Adulteration

Food adulteration is a phenomenon, in which food loses its original colour, taste and fragrance. It can be occurred or food deterioration due to inclusion of unwanted things or contamination in foods.

(2) Types of Food adulteration

(i) Natural food adulteration

Those food adulteration, in which foods lose its fragrance, appearance and taste by naturally. For example, some vegetables are lose their appearance due to sun heats.

(ii) Anthropogenic food adulteration

Those adulteration which are occurred due to man made activities ^{using} artificial color, taste. For example we use capsan chemical for increasing the taste of milk - whereby milk loses their original taste and become adulteration.

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3) Effects of food adulteration

- i) Malnutrition spreads in youth and children and.
- ii) Different disease occurs in humanity such as diarrhea, vomiting, stomach issues.
- iii) Countries are face economic losses due to loss of foods.
- iv) Poverty issues increase in the world.

4) Recommendation to control food adulteration

- i) Creating awareness among masses for using good quality food
- ii) Avoiding harmful chemical for using in foods
- iii) Avoiding using of polluted water for making foods.



B Answer

- i) vitamin D
- a) using for deficiency weakness of bone
- b) it is used for treating Rickets

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iii) It is used for treating
strengthen of muscles

ii) **vitamin E**

i) It is used for treating sterility

ii) It is used for treating sleeping
disorder

iii) It is used ✓ for defi. treating

iv) **Iron** - It is used for pregnant women.

i) It is used ✓ in children for
growth at initial stage

ii) It is used for treating
hormonal imbalance

iii) It is used for treating Anemia

i) **vitamin B-complex**

i) It is used for treating Anemia

ii) It is used for treating dryness
of skin

iii) It is used for treating
the disease ✓ "Beri Beri" ✓

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A Answer

Good fats and Bad fats

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i) Good fats are those fats which help protect your body against heart disease.

Bad fats pose a threat to your heart and blood vessel system.

ii) Good fats includes nuts such as almonds, cashews and peanuts which are beneficial for health and work as a antioxidant against disease.

Such as diabetes, heart attacks. On the other hand, bad fats includes such as Fryer chicken, soft drinks, and oily foods which are harmful for human health.

Bad fats produce disease such as diabetes, heart attacks and stomach issues.

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Question 1

B Answer

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i) Definition

a) Cyclones: cyclones is a disaster which is occurred in different form with winds and brings thunderstorm and heavy rainfall;

b) Tsunami: - The word Tsunami is derived from Japanese words 'tsu' and 'nami' meaning Harbor waves. Tsunami comes in ocean with 300 to 600 km winds. For example 2011 Japan Tsunami.

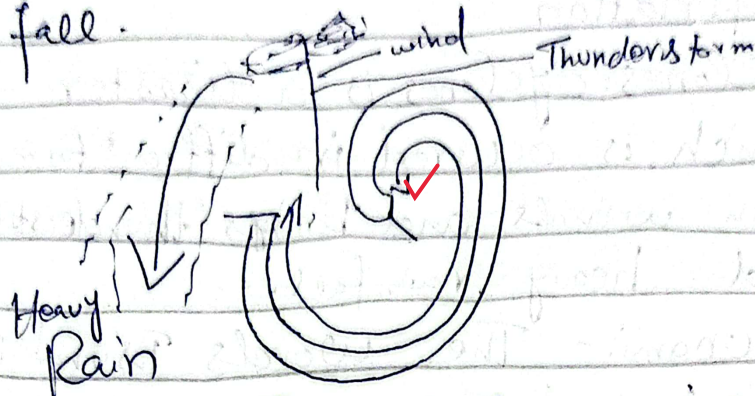
c) Typhoon: Typhoon is also known as Hurricanes and Tornado. Typhoon comes when warm and cool air rise and cold air drop and warm air suddenly rise with 300 to 400 km speed.

(ii) Formation

a) Cyclone: The formation of cyclone is northern and eastern hemisphere is different. When water droplet includes

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in wind which are create
thunder storm with heavy rain
fall.



B) Tsunami:- Tsunami Comes in
ocean. when earthquake or other
natural cause occurs in lower
part of the ocean, then suddenly
wind with heavy water move
with other parts of the ocean.

C) Typhoon:- Typhoon also suddenly
comes when cool and warm
air rise at the same time.
After some time, the cold air
decrease and warm water
increase which move fastly
with high speeds.

3) Side effects

Cyclone creates heavy rainfall
which are harmful for human
kinds and brings floods.

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Tsunami destroys population which are living near the ocean.

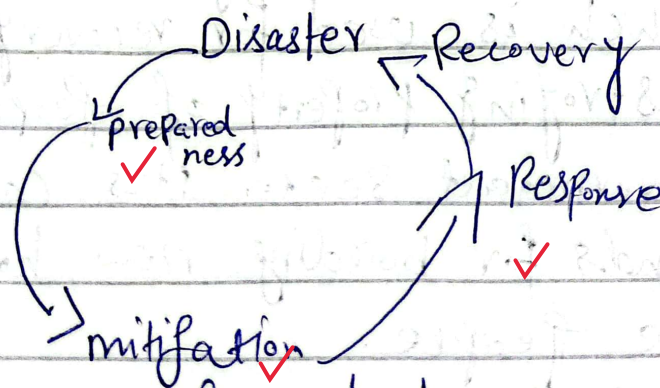
Typhoon destroy domestic homes and seasonal crops of any country.

D Explain DRM
Answer

a) The DRM is Disaster Risk Management which are used for preservation of disaster.

Disaster such as floods, wildfires, drought and etc. It is used for risk management technique for controlling disaster.

b) DRM cycle



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There are four technique for controlling disaster.

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1) Preparedness

This technique is used for advance preparation for controlling disasters. For instance, in Japan resilient building which is helpful for upcoming earthquake. On the other hand, using advanced technology for measuring heavy rainfall for controlling floods.

2) Mitigation

Mitigation is technique which is used for those disaster which is come day by day.

For example, we can mitigate the climate change risk for controlling drought and floods.

3) Recovery

Recovery is technique which is used for recovery of destroying property of people and government sector. It is collected funds for building new house of the people.

4) Response:-

It is a disaster risk

management technique for using positive response. It aims that immediately response provision for the scope to maintain health and positive recovery of diseases.

A Define Vaccine and Antibiotics

a) Vaccine:-

Vaccine is a antimicrobial medicine for treating epidemic which are very harmful and live in human body for long time.

For example: Covid-19 was a epidemic and long time disease whereby different vaccine were prepared such as Pfizer.

b) Antibiotics:

Antibiotics is used in our daily lives which is used against control ~~that~~ normal disease such as flu, fever. For example, we commonly use Azamox for treating Throat infection.

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C) Answer

a) Definition of Galaxy

It is fundamental unit of universe. It includes hundreds of thousands of stars with gas and dust.

b) Classification of Galaxy

The Galaxy were classified by Hubble in 1924. According to him there are three types. ✓

(i) spiral galaxy

Spiral galaxy get their name from the shape of disk. It is composed of stars, gas in spiral arms such as Sa, Sb, Sc . Sa have tightly bound.

(ii) Elliptical Galaxy

It is most abundant galaxy in the universe because of their age. It is collected of brighter stars and their sibling.

(iii) The Milky way Galaxy

It is spiral galaxy. It contain 20 galaxy. Its diameter is 10^5 light year. It contain 10^{11} stars. The nearest of Milky way Galaxy is Andromeda Galaxy.

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