

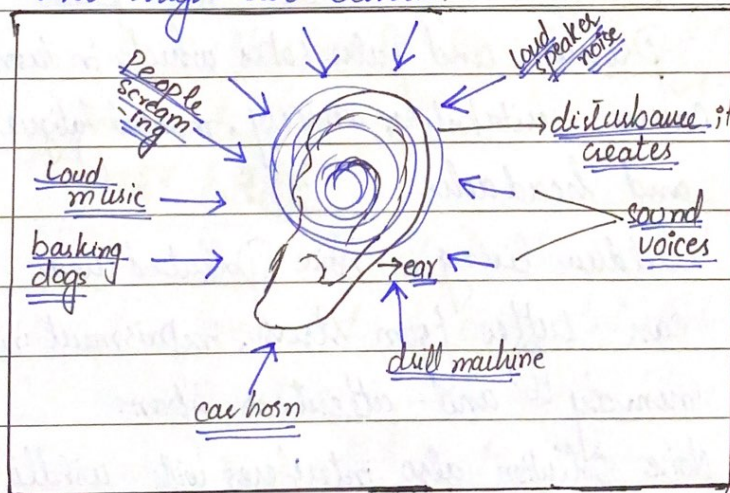
Q. NO 4

- a. What is noise pollution? Give its harmful effects and ways to curb.

NOISE POLLUTION

Noise pollution is considered to be any unwanted, disturbing, and prolonged sound that affects the health and well being of humans and other organisms.

The UN environment Programme defines Noise Pollution as "unwanted, prolonged, and high level sounds."



HARMFUL EFFECTS

It is commonly produced at high levels in industrial areas and workplaces, but also comes from highways

railway, and traffic sounds. It is measured in decibels and sound from 120db to 140db causes pain. However, it has many other physical and mental effects on human beings and wildlife.

- (i) For Prolonged exposure, it can cause physical damage to the eardrum and the sensitive hair cells of inner ear, causing temporary or permanent hearing loss, called as noise induced hearing loss.
- (ii) Excessive noise can also raise blood pressure and pulse rates which in turn causes irritability, anxiety, mental fatigue, and headache.
- (iii) Children living in noise polluted areas can suffer from stress, impairment in memory and attention span.
- (iv) Noise pollution also interferes with wildlife and an animal's ability to attract mate, communicate, navigate or to find food.

REDUCTION AND MITIGATION OF NOISE POLLUTION

Day: _____

Date: _____

Noise pollution can be curbed by adopting the following measures.

- (i) Turn off appliances when not in use.
- (ii) Using noise absorbing materials at home like perforate plywood.
- (iii) Reduce transportation noise by using ~~bicy~~ bicycles or electric vehicles.
- (iv) Reduce noise from social gatherings.
- (v) Plant more trees because they are natural sound absorbers.

Q4.6 What is the importance of fibres in diet? How would be a platter of food considered balanced?

DIETARY FIBRE

It includes the parts of plant or food that go undigested through the digestive system. Dietary Fibre is mainly a carbohydrate.

IMPORTANCE IN DIET

Dietary fibre has many health benefits, some of which include:

Day: _____

Date: _____

- (i) It normalizes bowel movements by increasing the weight and size of the stool and by softening it.
- (ii) It helps maintain the bowel health by lowering the risk of hemorrhoids and colorectal cancer.
- (iii) The soluble fibre found in beans, oats etc lowers the body cholesterol levels.
- (iv) It also help control blood sugar level.
It keeps the gut clean and healthy
- (v) Dietary Fibre aids in achieving a healthy weight because it tends to be more filling.

A BALANCED DIET

A platter of food will be considered balanced when it has the following

Components :

- a) Carbohydrates : it is our main source of energy.
 - b) Proteins : essential for growth and repair of muscles & tissues.
 - c) Fats : source of energy.
 - d) Vitamins : They play important role in many chemical processes of the body.
 - e) Minerals : They are critical to body's normal functioning.
- D) Dietary Fibre : Important for digestive health.

Q4. c. Elaborate drinking water quality and standards.

DRINKING WATER QUALITY AND STANDARDS:

A healthy fresh drinking water is crucial for the normal functioning of life and to avoid various disease.

Therefore, there are certain indicators through which the quality of water is measured to be safe enough for drinking.

INDICATORS: The measuring indicators

- include
- dissolved oxygen
 - PH amount of nutrients (nitrogen & phosphorus)
 - Toxic substances such as metals, pesticides etc
 - Turbidity and bacteria
 - Temperature of the water

The less these indicators are present in the water, the more it is safe to drink.

Measuring Parameter

• According to UN; every year there are more deaths caused by polluted water than all types of violence combined, including war.

Day: _____

Date: _____

An "EPI" scores mentions the quality of drinking water. A high score indicates pure and least contaminated water.

According to "World Population Review"

Countries with best Water Quality
are

Switzerland → EPI score: 100

Finland → EPI score: 100

Norway → EPI score: 100

Iceland → EPI score: 100

Countries with Worst water Quality

Niger → EPI score: 1.7

Nigeria → EPI: 4.3

Togo → EPI: 4.9

Burundi → EPI: 5.4

The EPI quality of drinking water in Pakistan is 15.3

Q4d. Explain lithosphere. What are rocks and minerals.

LITHOSPHERE: The lithosphere is the solid, outer part of the earth.

Day: _____

Date: _____

Structure of Lithosphere

The lithosphere includes the brittle upper portion of the mantle and the crust, the outermost layers of the Earth.

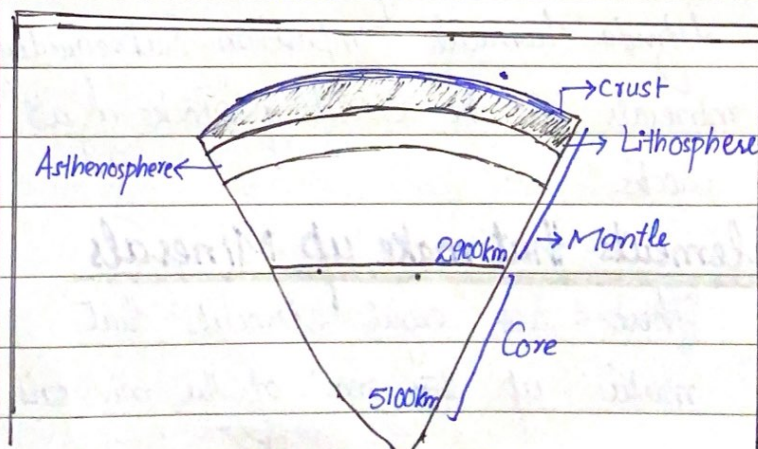
It is bounded by the atmosphere above and the asthenosphere below.

Composition of Lithosphere

The rocks of lithosphere are elastic, but not viscous. The lithosphere is also far less ductile than the asthenosphere — its ability to strength under stress.

The elements which make up the lithosphere include:

- Silicon
- Iron
- Magnesium
- Aluminium
- Sodium
- Potassium



ROCKS :

A rock is any coherent, naturally occurring solid material consisting of one or more minerals.

Types Of Rocks : There are three types of rocks

(i) Igneous rocks

(ii) Sedimentary rocks

(iii) Metamorphic rocks.

- Igneous rocks form from the cooling and hardening of magma or lava.
- Sedimentary rocks form from sediments that get buried, compacted, and cemented together into a single rock layer.
- Metamorphic rocks form when any other rock is exposed to extremely intense heat and pressure.

MINERALS : A naturally occurring inorganic solid that has a crystal structure and a definite chemical composition. Subsequently, minerals are the building blocks of all rocks.

Elements that make up Minerals

There are eight elements that make up ~~the~~ most of the minerals

Day: _____

Date: _____

- Oxygen
- Aluminium
- Sodium
- Calcium
- Silicon
- Iron
- Potassium
- Magnesium

These amount for 98% of the earth's
crust.
