

Impact of Unbalanced diet:

Energy deficient diets produce protein-energy malnutrition. They can cause scurvy, rickets, anemia, night blindness, muscular weakness, and bone diseases. Other than vitamins, excessive caloric intake can result in heart diseases, obesity, and diabetes. Diets which lack fibre can cause constipation and digestive illnesses.

(c)

The troposphere, stratosphere, mesosphere, thermosphere, and exosphere are layers of atmosphere, collectively called Strata. The Atmosphere moderates temperature, protects life from harmful radiation, and enables weather.

Troposphere is the layer from the surface to 12 Kilometers.