



FAQs

Q.1. Define nutrition.

Ans: Nutrition is the intake of food, considered in relation to the body's dietary needs.

Q.2. How can you define balance diet?

Ans: A balanced diet is a food intake that includes all of the dietary needs of the organism in the correct proportion.

Q.3. Why human body need nutrient?

Ans: The human body needs nutrients to maintain normal bodily function and to prevent health problems.

Q.4. What are chronic diseases?

Ans: Chronic diseases are long-term medical conditions that are generally progressive.

Q.5. What is sanitation?

Ans: Sanitation generally refers to the provision of facilities and services for the safe disposal of human urine and faeces.

Q.6. What is incineration?

Ans: Incineration is the common way to dispose off the garbage that includes burning of waste, or landfills, which are places to store waste.

Q.7. Give the main concept of environmental sanitation.

Ans: The main concept of environmental sanitation involves the installation of toilets, especially in developing countries where open defecation takes place.

Q.8. What is Entoropathy?

Ans: It is a disease of intestinal tract caused by chronic exposure to faecal bacteria.