



FOOD FOR GOOD HEALTH

Chapter -6

Day-3	Lecture -3	Date:10/05/2020
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3. Food to eat limited:

Food containing artificial colors and chemicals:

Effects of adding color and chemicals:

- Food containing artificial colors may have health problems such as cancer, attention deficit disorder, and hyperactivity.
- Foods containing chemicals can cause many diseases such as dysfunction of the liver and kidney.
- People may get cancer by those chemicals.

Name of disease caused artificial color and chemicals:

- Cancer
- Attention deficit
- Dysfunction of liver
- Dysfunction of kidney.
- Hyperactivity

Name of some Harmful chemicals which are mixed in foods:

- Artificial colour
- Formalin
- Carbide

Junk Food:

A food containing excessive sugar, salt, and fat and can be prepared and served easily is called junk food.

Example: Burger, Pizza, Potato chips, etc.

Harmful effects of Junk food:

- Taking too much junk food may cause nutritional deficiencies.
- It may cause overweight and obesity.
- It can cause memory and learning problems.
- Junk food can cause chemical changes that can lead to depression.
- Junk food can make a person impatient and also create uncontrollable cravings which lead us to obesity.

Causes of avoiding junk food:

1. Junk food causes different types of diseases such as cancer, dysfunction of liver and kidney
2. It also makes a person hyperactive.
3. In the case of regular taking junk food can make a person overweight.
4. There will be a lack of nutrients if junk foods are taken regularly by children.
5. Junk foods are appealing but it does not have any kind of nutritional value.

Related questions with this topic

Q1#Write down the name of five diseases that causes adding color and harmful chemicals.

Answer:

Name of disease caused artificial color and chemicals:

- a. Cancer
- b. Attention deficit
- c. Dysfunction of liver
- d. Dysfunction of kidney.
- e. Hyperactivity

Q2# Write down the name of three diseases caused artificial color and chemicals.

Answer:

Name of three diseases caused by artificial color and chemicals:

- a. Cancer
- b. Attention deficit
- c. Dysfunction of liver
- d. Dysfunction of kidney.
- e. Hyperactivity

Q3# What is called junk food? Write the harmful effects of taking junk food.

Answer:

Junk Food:

A food containing excessive sugar, salt, and fat and can be prepared and served easily is called junk food.

Example: Burger, Pizza, Potato chips, etc.

Harmful effects of Junk food:

- a. Taking too much junk food may cause nutritional deficiencies.
- b. It may cause overweight and obesity.
- c. It can cause memory and learning problems.
- d. Junk food can cause chemical changes that can lead to depression.
- e. Junk food can make a person impatient and also create uncontrollable cravings which lead us to obesity.

Q4# Why should we avoid junk food?

Answer:

Causes of avoiding junk food:

1. Junk food causes different types of diseases such as cancer, dysfunction of liver and kidney
2. It also makes a person hyperactive.
3. In the case of regular taking junk food can make a person overweight.
4. There will be a lack of nutrients if junk foods are taken regularly by children.
5. Junk foods are appealing but it does not have any kind of nutritional value.

END of the Chapter